DELICIOUS RECIPES FROM ANDHRA

SHOUT
SHARE
IT

Presented to my loving wife Latha

DELICIOUS RECIPES

FROM

ANDHRA

DELICIOUS RECIPES FROM ANDHRA

by

KARUNA

JAICO PUBLISHING HOUSE
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FROM ANDHRA

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GLOSSARY

VEGETABLES, FRUITS AND HERBS

English	Hindi	Telugu
Andhra Cucumber	*Peeli kakidi*	*Dosakai*
Ashgourd	*Petha*	*Gummadikaya*
Banana	*Kela*	*Aratikaya*
Bittergourd	*Karela*	*Kakarkaya*
Brinjal	*Baingan*	*Vankaya*
Broad beans	*Papidi*	*Chikkudikai*
Cabbage	*Pattha gobi*	*Khosu Koora*
Cluster beans	*Gawar*	*Gorichikkudukaya*
Coconut	*Nariyal*	*Kobbarikaya*
Colocassia	*Arbi*	*Chamadumpa*
Coriander leaves	*Hara dhaniya*	*Kothimeera*
Curry leaves	*Kadi patha*	*Karivepaku*
Drumstick	*Saijan*	*Mullakkada*
Fenugreek leaves	*Methi bhaji*	*Menthiaku*
French beans	*Faras beans*	*French beans*
Ginger	*Adrak*	*Allamu*
Green Berry	*Ber*	*Vagkkai*
Green chillies	*Hari mirchi*	*Pacchi mirapakai*
Indian gooseberry	*Amla*	*Usirikaya*
Jackfruit	*Kathal*	*Panasakaya*
Ladyfinger	*Bhendi*	*Bendakaya*
Lemon	*Nimbu*	*Nimmakai*
Lime	*Bada nimbu*	*Dabbakai*
Mango	*Aam*	*Mamidikaya*
Mango ginger	*Am Adrak*	*Mamidiallam*

Mint leaves	*Pudina*	*Pudinaku*
Onion	*Pyaaz*	*Ullippaya*
Pumpkin	*Lowki*	*Aanapakaya*
Purslane	*Mayalu*	*Bacchalakoora*
Red chillies	*Lal mirchi*	*Yerra mirapakai*
Ribbed gourd	*Toori*	*Beerakaya*
Short gourd	*Tondli*	*Dondakaya*
Snake gourd	*Parval*	*Potlakaya*
Sorrel leaves	*Ambadi*	*Gongura*
Spinach	*Palak*	*Palakoora*
Spring onion	*Pyaaz*	*Ullikada*
Tomato	*Tamatar*	*Tomato*
Woodapple	*Kaithbel*	*Velakkaya*

PULSES, FLOURS AND GRAINS

Black gram	*Urad dal*	*Minappapu*
Bengal gram	*Channa dal*	*Senaga pappu*
Chick peas	*Kabuli channa*	*Kabuli channa*
Flat rice	*Poha*	*Atukulu*
Gram flour	*Besan*	*Senagapindi*
Green gram	*Moong dal*	*Pesara pappu*
Rice	*Chaval*	*Biyyam*
Rice flour	*Chaval ka ata*	*Biyyapindi*
Refined flour (or baking flour)	*Maida*	*Maida*
Sago	*Sabudana*	*Saggubiyyam*
Semolina	*Rava*	*Rava*
Tur gram	*Toovar dal*	*Kandi pappu*
Vermicelli	*Semiya*	*Semiya*
Wheat flour	*Gehun ka ata*	*Goduma pindi*

SPICES AND DRY FRUITS

Almonds	*Badam*	*Bedampappu*

Aniseed	*Saunf*	*Erinjeerakam*
Asafoetida	*Hing*	*Ingua*
Cashewnuts	*Kaju*	*Kaju*
Coriander seeds	*Dhaniya*	*Dhaniya*
Chilli powder	*Lal mirchi*	*Mirapapodi*
Cardamom	*Elaichi*	*Ellakaya*
Cinnamon	*Dalchini*	*Lavangapatta*
Cloves	*Lavang*	*Lavang*
Cumin seeds	*Jeera*	*Jeelakarra*
Dry coconut	*Kopra*	*Endu Kobbari*
Dry dates	*Sukha khajoor*	*Endu karjooramu*
Dry ginger	*Saunth*	*Sonti podi*
Fenugreek seeds	*Methi*	*Menthulu*
Groundnuts (peanuts)	*Moongfali*	*Veerusenagakayulu*
Mustard seeds	*Rai*	*Aavalu*
Nutmeg	*Jaiphal*	*Jajikaya*
Peppercorns	*Kali mirch*	*Miriyalu*
Poppy seeds	*Khus khus*	*Gasagasalu*
Raisins	*Kishmish*	*Endudraksha*
Salt	*Namak*	*Uppu*
Sesame seeds	*Til*	*Nuvvulu*
Turmeric	*Haldi*	*Pasupu*
Tamarind	*Imli*	*Chintakaya*
Saffron	*Kesar*	*Kumkumpuvvu*

OILS

Refined oil	*Refined oil*	*Refined oil*
Groundnut oil	*Moongfali tel*	*Verusenaga nune*
Sesame oil	*Til ka tel*	*Pappu nune*
Vegetable oil	*Vanaspati*	*Vanaspati*
Ghee	*Ghee*	*Neyyi*
Oil cake		*Telagapindi*
Mustard Oil	*Sarson ke tel*	*Avanune*

A TRADITIONAL ANDHRA MEAL

A traditional Andhra meal is well choreographed.

People sit on floor mats or raised wooden seats. Banana leaves are placed before them, and with a few drops of water sprinkled on the leaves, the 'plates' are ready for the elaborate next steps.

Rice, of course, is the main dish. Purists will pour a spot of ghee on it. Interestingly, unlike northern parts of India where rice is only eaten alongwith gravy dishes, here, even a dry curry is a perfect combination with rice.

There are at least five kinds of dishes, or courses.

A meal begins with a chutney, **powder** or pickle and goes on to a cereal and then a curry and then a 'pulusu'. Almost as if thought up by a dietician, the last course, yoghurt, is an ideal coolant after all the exciting flavours before it.

Whether the tangy, sour ***pulusu*** or the flaming hot chutneys and pickles, whether the subtle taste of mustard or the mouthwatering hint of sorrel, the flavours of Andhra whip up your appetite, again and again.

PICKLES, CHUTNEYS, POWDERS

It is said that an Andhraite gets his hot temper from his food!

Enough stories abound on this 'hot' nature of Andhra cuisine.

According to one, there was a severe famine in the area centuries ago. What grew most easily then, was the chilli plant.

The inventive locals created several recipes where chillies were used as the main ingredient. This was when an unimaginable variety of chutneys and pickles entered the Andhra palate.

Several kinds of mango pickles, for instance, each one with a totally different taste.

And where else in the world, do you find a red chilli pickle, a green chilli pickle, even a dry chilli pickle?

TUR GRAM POWDER
(KANDI PODI)

INGREDIENTS
Tur gram — 4 tbsp
Red chillies — 4
Cumin seeds — 1 tsp
Salt to taste
METHOD
1. Heat the frying pan for half a minute.
2. Roast tur gram and chillies in it, lightly. Remove. Cool.
3. Roast cumin seeds in the pan, stir, and remove at once. Cool.
4. Grind all the ingredients along with salt to make a soft, fine power.

Serve with idli or rice, and ghee.

SPICE AND CORIANDER POWDER
(KHARA PODI)

INGREDIENTS
For masala
Coriander seeds — 4 tbsp
Dry bengal gram — 3 tbsp

Mustard — 1 tsp
Fenugreek seeds — 1 tsp
Peeled broken black gram — 1 tsp
Red chillies — 10
Peeled garlic — 10
Tamarind, the size of a small lemon
Curry leaves — 4 sprigs
Oil — 4 tbsp
Salt to taste
METHOD

1. Clean and dry the curry leaves.
2. Fry the masala. Cool. Grind.
3. Add curry leaves. Add tamarind and salt and grind again.

This is used as an accompaniment for idli and other snacks.

SORREL CHUTNEY
(GONGURA PACCHADI)

INGREDIENTS
Sorrel leaves — a medium sized bunch
Red chillies — 15
Green chillies — 2
Fenugreek seeds — $^1/_2$ tsp
Oil — 2 tbsp
Black gram (peeled, broken) — 1tbsp
Mustard — 1 tsp

Asafoetida — a pinch
Turmeric — a pinch
Salt to taste
METHOD

1. Pluck sorrel leaves. Wash. Spread in a cool place to dry. Roast in a frying pan until it turns into a lump. Cool. Add salt and turmeric.
2. Fry red chillies, fenugreek, mustard seeds and black gram. Grind.
3. Add sorrel and green chillies to this mixture and grind again.
4. Fry asafoetida in oil and add to the sorrel chutney. Mix.

MINT CHUTNEY
(PUDINAKU PACCHADI)

INGREDIENTS
Mint leaves — 1 bunch
Red chillies — 4
Mustard — 1 tsp
Black gram (peeled and broken) — 1 tsp
Oil — 1 tbsp
Tamarind, the size of a small lemon
Salt to taste
METHOD

1. Wet tamarind in a little water.

2. Pluck and clean mint leaves. Dry.
3. Fry red chillies, mustard seeds, black gram. Remove from the frying pan for masala.
4. Fry mint leaves until the colour turns dark. Cook well. Grind the masala with tamarind and salt. Add mint leaves and grind.

RAW TOMATO CHUTNEY
(PACCHI TOMATO PACCHADI)

INGREDIENTS
Raw tomatoes — 5
Red chillies — 4
Peeled broken black gram — 1 tbsp
Oil — $2^1/_2$ tbsp
Tamarind — the size of $^1/_4$th lemon
Mustard seeds — 1 tsp
Asafoetida — a pinch
Salt to taste
METHOD
1. Cut tomatoes into quarters.
2. Pour $1^1/_2$ tbsp. oil in the frying pan.
   Cook tomatoes on low heat. Remove when soft. Cool.
3. Fry red chillies, mustard, black gram and asafoetida in 1 tbsp. oil. Grind.
4. Soak tamarind in a little water for 2 minutes until soft.

5. Add tomatoes and tamarind to the masala. Grind again. Add salt.

COCONUT CHUTNEY
(KOBBARI PACCHADI)

INGREDIENTS
Coconut — $^1/_2$
Tamarind — the size of half a lemon
Red chillies — 2
Green chillies — 2
Peeled broken black gram — 1 tsp
Cumin seeds — 1 tsp
Asafoetida — $^1/_2$ tsp
Refined oil — $1^1/_2$ tbsp
Turmeric — a pinch
Jaggery — the size of half a lemon
Salt to taste
METHOD

1. Grind the coconut.
2. Soak tamarind in a little water for a few minutes until it is soft.
3. Fry red chillies, black gram, asafoetida, cumin seeds. Cool.
4. Grind this masala along with tamarind and salt. Add coconut, green chillies, turmeric and jaggery. Grind again.

GINGER CHUTNEY
(ALLA PACCHADI)

INGREDIENTS
Tamarind — the size of a big lemon
Red chillies — 4
Green chillies — 3
Ginger — 2-3 pieces
Sugar or jaggery — 1 tbsp
Peeled broken black gram — 1 tsp
Mustard seeds — 1 tsp
Refined oil — $1^1/_2$ tsp
Salt to taste
Fenugreek seeds $^1/_2$ tsp
METHOD

1. Soak tamarind in water for 5 minutes.
2. Fry red chilies, black gram, mustard seeds and fenu greek seeds. Grind.
3. Add tamarind, green chillies, ginger, and sugar/jaggery. Grind again.

Add salt to taste.

FRIED GREEN CHILLIES CHUTNEY
(PACCHIMIRAPAKAI KHARAM)

INGREDIENTS
Green chillies — 200 gms
Tamarind — the size of a lemon
Peeled black gram — 1 tbsp
Fenugreek seeds — 1 tsp
Mustard seeds — 1 tsp
Asafoetida — a pinch
Turmeric — a pinch
Salt to taste
Oil 4 tbsp

METHOD

1. Clean the green chillies. Dry well.
2. Pour 2 tbsp. oil in the frying pan and fry the green chillies for two minutes. Remove and cool.
3. Pour 2 more tbsp. oil in the pan and fry the mustard, fenugreek, black gram, asafoetida and turmeric. Remove and cool. (Keep the strained oil aside).
4. Grind with green chillies, tamarind and salt. Top with the strained oil.

WOODAPPLE CHUTNEY
(VELAKKAI PACCHADI)

INGREDIENTS
Ripe woodapple — 1
Red chillies — 4
Green chillies — 4
Oil — 1 tbsp
Jaggery — the size of half a lemon
Peeled, broken, black gram — 1tbsp
Mustard seeds — 1 tsp
Coriander leaves — 2 sprigs
Asafoetida — a pinch
Salt to taste

METHOD

1. Pour oil in the frying pan. Fry black gram, mustard seeds, red chillies, asafoetida. Strain out the oil and grind to make masala.
2. Break the woodapple. Remove the flesh.
3. Grind the masala alongwith green chillies, salt and jaggery.
4. Add woodapple to this and grind very lightly, without crushing the seeds.
5. Remove. Garnish with coriander leaves.

You can also add this chutney to fresh yoghurt, with finely chopped onions, to make a delicious raita.

MANGO GREEN GRAM CHUTNEY
(MAMIDI PESARA PACCHADI)

INGREDIENTS

Green gram, broken — 1/2 cup
Sour mango — 1/2
Oil — 1 tbsp
Red chillies — 2
Peeled, broken, black gram — 1/2 tsp
Mustard — 1/2 tsp
Asafoetida — a pinch
Salt to taste

METHOD

1. Soak green gram in water for 30 minutes. Strain out the water.
2. Peel mango, cut into medium sized pieces. Fry red chillies, black gram, mustard seeds, and asafoetida. Grind.
3. Add salt, mango pieces, and green gram. Grind again.

GRAM FLOUR CHUTNEY
(SENAGA PACCHADI)

INGREDIENTS
Gram flour — 2 tbsp
Chilli powder — 1 tsp
Tamarind juice — 1 tbsp
Green chilli — 1
Sour yoghurt — $^1/_4$ cup
Oil — 1 tbsp
Mustard — $^1/_2$ tsp
Cumin seeds — $^1/_2$ tsp
Asafoetida — a pinch
Salt — $^1/_2$ tsp

METHOD

1. Mix gram flour in a quarter cup of water. Add chilli powder, salt, yoghurt, tamarind juice and cook. Stir until slightly thick.
2. Chop green chilli finely. Add. Stir.
3. Fry mustard, cumin seeds and asafoetida. Add as seasoning.

   This chutney is a tasty accompaniment to idlis, dosas, chapati, etc.

RAW TAMARIND CHUTNEY
(CHINTAKAI PACCHADI)

INGREDIENTS
Raw tamarind pieces — 10
Turmeric — a pinch
Asafoetida — a pinch
Red chillies — 10
Oil — 3 tbsp
Peeled, broken, black gram — 1 tsp
Mustard — 1 tsp
Fenugreek seeds — 1 tsp
Green chillies — 4
Salt to taste

METHOD
1. Add turmeric and salt to tamarind. Grind. Remove strands and any bits of seed.
2. Fry red chillies, black gram, mustard and fenugreek. Strain.
3. Add this and green chillies to the tamarind. Grind.
4. In the remaining oil, add asafoetida, and warm. Cool. Mix chutney in this oil.

TAMARIND LEAF CHUTNEY
(CHINTA CHIGURU PACCHADI)

INGREDIENTS
Tamarind leaves, small and tender — $^1/_4$ kg.
Red chillies — 10
Black gram — 1 tsp
Oil — 4 tbsp
Turmeric — a pinch
Asafoetida — a pinch
Mustard — 1 tsp
Fenugreek seeds — $^1/_2$ tsp
Salt to taste
METHOD

1. Clean the tamarind leaves and dry. Fry in 2 tbsp oil lightly (i.e. not until they turn brown). Cool.
2. Fry red chillies, black gram, turmeric, mustard, fenugreek seeds and asafoetida. Remove. Grind.
3. Add the leaves to the masala. Grind again. Add salt.

CHILLI COCONUT POWDER
(KOBBARI KHARA PODI)

INGREDIENTS
Red chillies — 10
Bengal gram — 1 tbsp
Black gram broken, white — 1 tbsp
Dry coconut — $^1/_4$
Oil — 2 tbsps
METHOD
Fry masala. Cool. Strain and grind along with coconut to make a fine powder.

GREEN BERRY CHUTNEY
(VAGKKAI PACCHADI)

A vagkkai is small, green, sour and has a small seed inside.
INGREDIENTS
Vagkkai — 100 gms
Oil — 2 tbsp
Tamarind — a small piece
FOR MASALA
Black gram white, broken — $^1/_2$ tsp
Mustard — $^1/_2$ tsp

Fenugreek seeds — 10
A pinch of asafoetida
Red chillies — 6
METHOD

1. Clean, cut vagkkai to remove seeds. Fry in oil on low heat and with a covered lid till soft.
2. Fry masala, cool and grind with tamarind.
3. Add vagkkai and salt and grind.

BENGAL GRAM CHUTNEY
(PACCHI SENAGA PAPPU PACCHADI)

INGREDIENTS
Fried bengal gram — 100 gms
A small coconut (sweet) — $^1/_2$
Green chillies — 2
A small piece of tamarind
Mustard — $^1/_2$ tsp
Cumin seeds — $^1/_2$ tsp
Curry leaves — 1 stem
Oil — 1 tbsp
Salt to taste
METHOD

1. Break the coconut into small pieces. Grind.
2. Add $^1/_4$ cup water, fried bengal bram, green chillies and tamarind. Grind.
3. Fry mustard, cumin seeds and curry leaves. Add to bengal gram chutney. Add salt.

GROUNDNUT CHUTNEY
(VERUSENAGA PAPPU PACCHADI)

INGREDIENTS
Fried groundnuts saltless
and without skin — 200 gms.
Red chillies — 3
Peeled black gram — $^1/_2$ tsp
Mustard — $^1/_2$ tsp
A small piece (a single rind) of tamarind
Curry leaves — 1 stem
Oil — 2 tbsp
Salt to taste
METHOD

1. Wet the tamarind in water for a minute.
2. Fry red chillies.
3. Grind the groundnuts, tamarind, red chillies and salt. Use a cup of water to make the paste soft.
4. Fry black gram, mustard and curry leaves.

Add to the groundnut chutney.

CURRY LEAVES CHUTNEY
(KARIVEPAKU KHARAM)

INGREDIENTS

Curry leaves (neither too tender nor too mature, aromatic) — 6 stems
Tamarind — the size of a small lemon
Jaggery the size of half a lemon
Red chillies — 10
Salt to taste

METHOD

1. Soak tamarind in 4 tbsp. of water for 5 minutes. Remove.
2. Soak red chillies in a small bowl of water for 5 minutes. Remove.
3. Clean and pluck curry leaves.
4. Grind tamarind, red chillies, and curry leaves with salt and jaggery.
5. Add tamarind water and whip.

QUICK MANGO PICKLE
(AVAKKAI)

INGREDIENTS

Raw, hard, fleshy and sour mango — 1 medium size

Oil — 12 tbsp
Mustard powder — 2 tbsp
Chilli Powder — 2 tbsp
Garlic — $^1/_2$ (peeled)
Turmeric — a pinch
METHOD

1. Clean the mango. Dry well. Chop into small pieces.
2. Heat the oil slightly, and cool.
3. Take a dry vessel. Mix the mustard powder, chilli powder, salt and turmeric. Add oil and mix well.
4. Add mango and peeled garlic. Mix again.
5. Bottle for 6 days.

SEASONAL MANGO PICKLE
(AVAKKAI)

INGREDIENTS
Mangoes hard, fleshy, sour, the size of an orange — 100
Sesame oil — $4^1/_2$ kgs.
Chilli powder (fresh) — 4 kgs.
Mustard powder (fresh, made from lean red mustard seeds — $4^1/_2$
Turmeric — $^1/_4$ tsp
Raw chickpeas — 200 gms
Salt — $4^1/_2$ kgs.
Fenugreek seeds — $^1/_2$

METHOD

1. Clean mangoes. Wipe dry. Dry well in shade. Cut into halves, and cut each half into 4 pieces. Remove white skin and seed from every piece, but keep shell intact. Take a dry cloth and wipe the pieces to remove dirt.
2. Take a bog bowl. Mix chilli powder, salt, mustard powder, chickpeas, turmeric and fenugreek seeds.
3. Make a hollow in the centre. Pour oil little by little. Add mango pieces each time, and keep covering mango pieces with the chilli powder.
4. Dry the jar in the sun. Pour 2 tbsp oil in the bottom. Put pickle until half full. Pour some more oil. Fill jar with pickle. Top with oil. Stir on day 3. Store for 3 weeks.

PEELED MANGO PICKLE
(MAGAI)

INGREDIENTS

Mangoes (sour, hard, fleshy) — 100
Salt — 2 Kgs
Turmeric — 4 tsp
Fresh chilli powder — 2 kgs.
Fenugreek seeds — 100 gms
Sesame oil — 3 kgs.
Mustard seeds — 50 gms
Red chillies — 50 gms

Asafoetida — 10 gms

METHOD

1. Clean mangoes. Wipe dry. Dry well in sun. peel. Cut into 1 inch long pieces (like finger chips). Don't throw away the shells.
2. Add salt and turmeric. Pickle for 3 days in a ceramic jar. On day 4, squeeze out the salt water and dry mango on a flat surface in the heat of the sun.

   Place a net on the jar with salt water in it-and keep in the sun so that traces of water can evaporate.

   The pieces are ready when they turn brownish and bend easily.
3. Roast fenugreek until black. Remove. Cool. Grind.
4. Mix fenugreek powder, chilli powder and mango. Add salt water. Mix. Store in a jar.
5. Heat oil. Fry 50 gms mustard, red chillies and asafoetida. Cool. Add to pickle. Stir. Keep for a month.

BEATEN MANGO PICKLE
(THOKKUDU PACHADI)

INGREDIENTS

Raw mangoes — 25

Mustard powder — $^1/_4$ kgs

Refined oil or til oil — 750 gms
Chilli powder — $^1/_4$ kg
Asafoetida — $^1_2$ tsp
Turmeric — 1 tsp
Salt to taste — $^1/_2$ kg.
METHOD

1. Clean and dry mangoes, chop into long pieces like finger chips along with the skin.
   Add salt and turmeric. Store overnight.
2. Mix mustard powder and chilli powder with the mango pieces, and grind lightly. Add asafoetida.
3. Heat oil to evaporate traces of water. Cool. Pour onto the pickle. Mix. Pickle for a week.

This pickle can be preserved for one year.

LEMON PICKLE
(NIMMAKAI AVAKKAI)

INGREDIENTS
Lemons — 100 (medium sized)
Fine, deep red chilli powder — 1 kg
Salt — 1 kg
Fenugreek seeds — 100 gms
Turmeric — 1 tsp
METHOD

1. Clean and dry a jar, keep ready. Cut the lemons into quarters. Add salt and turmeric. Store for 3 days.

2. On day 4, squeeze the lemon pieces and remove from the jar, leaving the juice behind. Sun the pieces on a clean cloth until the pieces bend when you bend them.
3. Meanwhile, place a net on the jar and sun it for 6 hours so that traces of water can evaporate.
4. Roast fenugreek until black. Cool. Grind.
5. Add fenugreek powder and chilli powder to the jar. Add lemon pieces. Mix well. Pickle for 1 month.

MANGO GINGER PICKLE
(MAMIDI ALLA PACHHADI)

Mango ginger is a variety of ginger, that smells like mango, is pale yellow inside and breaks easily.

INGREDIENTS

Mango ginger — 100 gms
Lemon juice — 1 cup
Green chillies (long, hot) — 50 gms
Turmeric — a pinch
Salt to taste

METHOD

1. Clean the man go ginger. Dry. Peel, chop into thin one inch pieces.
2. Chop green chillies into halves, lengthways.
3. Add salt and turmeric.

4. Soak ginger and chillies in lemon juice for 4 days until the colour of the green chillies changes to yellow.

INDIAN GOOSEBERRY PICKLE
(USIRIKAI PACCHADI)

(VISIRI KAYA AVAKKAI)
INGREDIENTS
Amla — 1 kg.
Red chillies — 4
Green chillies — 2
Salt — $^1/_4$ kg.
Turmeric — $^1/_2$ tsp
Peeled black gram — $^1/_2$ tsp
Mustard seeds — $^1/_2$ tssp
Oil — 1 tbsp
A pinch of asafoetida
Dhaniya leaves — 1 sprig
METHOD

1. Clean amlas and dry. Chop to remove seeds and grind the amla flesh lightly. Store for three days in a jar.
2. On day 4, add salt, and turmeric. Grind. Whenever required, you can use this to make ready-to-eat amla pickle.

For one cup chutney

3. Fry black gram, red chillies, mustard seeds and asafoetida. Grind. Add amla mixture. Whip. Garnish with dhaniya leaves.

TOMATO PICKLE
(TOMATO PACHHADI)

INGREDIENTS

Half ripe tomatoes — 1kg
Chilli powder — 150 gms
Mustard powder — 150 gms
Salt — 150 gms
Refined oil or til oil — 150 gms
Haldi — $^1/_2$ tsp

METHOD

1. Chop tomatoes into small pieces.
2. Heat oil and cool.
3. Mix all the ingredients. Pickle for 3 days.

This pickle can be preserved for 2-3 weeks.

RED CHILLI PICKLE
(KORIVI KHARAM)

INGREDIENTS
Red chillies, juicy — 1kg
Salt — $^1/_2$ kg.
New tamarind — $^1/_4$ kg.
Fenugreek seed — $^1/_2$ cup
Asafoetida — $^1/_2$ tsp
Refined oil or til oil — $^1/_4$ kg
METHOD

1. Clean red chillies and dry well.
2. Grind with tamarind and salt. Store for 3 days.
3. Roast fenugreek till black. Cool. Grind.
4. Add fenugreek powder to red chillies. Grind again.
5. Heat oil with asafoetida and pour onto the chillies. Pickle for one month.

This pickle can be preserved for one year.

ANDHRA CUCUMBER PICKLE
(DOSAVAKAI)

INGREDIENTS
Andhra cucumber — 1 kg.
Chilli powder — 200 gms.

Mustard powder — 200 gms
Refined oil or til oil — 250 gms
Salt — 150 gms
Haldi — 1 tsp
METHOD

1. Check to see if the cucumber flesh or seeds are sour. If not, proceed. Chop into small pieces, with the skin.
2. Heat oil and cool.
3. Mix all the ingredients. Pickle for 2 days.
   This pickle can be preserved for 3-4 weeks.

LIME PICKLE
(DABBAKKAI URAGAI)

INGREDIENTS
Dabbakkai — 5
Chilli powder — $^1/_4$ kg.
Fenugrek seeds — 1 tbsp
Turmeric — 1 tbsp
Salt — $^1/_4$ kg
METHOD

1. Chop dabbakkai into small pieces. Add salt and turmeric. Store for 3 days.
2. On day 4, squeeze out the dabbakkai, leaving the juice behind.
   Sun the pieces on a mat till they bend when you bend them.

3. Meanwhile place a net on the jar and sun it for 6 hours so water can evaporate.
4. Roast fenugreek till black. Cool. Grind.
5. Add fenugreek powder and chilli powder to the jar. Add dabbakkai. Mix. Pickle for one month.

This pickle can be preserved for one year.

ANDHRA CUCUMBER WADI
(DOSAKAI WADIYAM)

INGREDIENTS

Andhra cucumber, small — 1 kg
Chilli powder to taste
Salt to taste
Oil

METHOD

1. Chop Andhra cucumber into circles. Spread on a mat, and sun till dry.
2. Before serving fry and sprinkle with salt and chilli powder.

CHILLI PICKLE IN YOGHURT
(URU MIRAPPAKAI)

INGREDIENTS
1-day sour yoghurt — 2 cups
Turmeric — a pinch
Hot, plump green chillies — 50 gms
Oil to deep fry
Salt — 4 tbsp
METHOD
1. Add salt and turmeric to yoghurt.
2. Slit the sides of the chillies. Soak them for 3 days in the yoghurt.
3. Squeeze them well and dry in the hot sun until colour changes to brown and the chillies turn crisp. Remove and store. Deep fry whenever required as accompaniment with any rice dish.

ASHGOURD WADI
(BOODIDI GUMMIDIKAI WADIYAM)

INGREDIENTS
Pumpkin — 400 gms
Peeled black gram — 1 cup
Hot green chillies — 100 gms
Chilli powder — 1 tbsp

Asafoetida — 1/4 tsp
Or
Cumin — 1 tsp
Oil to deep fry
Salt
METHOD

1. Chop pumpkin (without peeling) into thin small pieces of 1/2 inch length. Remove seeds. Add half a tsp of salt. Tie them in thin cloth, and hang to drain out the water — leave overnight.
2. Soak black gram overnight and strain out the water. Add 2 tbsp salt, and a little water, just enough to grind and make a hard mixture.
3. Grind green chilies and cumin seeds separately. Add to the dal mixture. Add chilli powder and asafoetida. Add pumpkin. Mix.
4. Wet a thin white cloth. Spread it out in the sun. Place little flat lumps of mixture on the cloth. Dry well for 3-4 days. Remove, using water behind the cloth if it does not unstick. Store. Deep fry whenever you need.

ONION WADI
(ULLIPAI WADIYAM)

INGREDIENTS
Same as for ashgourd wadi except, instead of ashgourd, use 2 big onions, chopped finely, in dough mixture. The rest of the procedure is the same.

PULSES
(DALS)

The most common pulses used in Andhra cuisine are Tur Gram, Green Gram and Bengal Gram.

Yet, with these basic pulses, an Andhraite makes an endless range of 'dals'.

PULSES
(DALS)

INDIAN GOOSEBERRY
(USIRIKAI PAPPU)

INGREDIENTS
Amla, small, white — 50 gms
Moong dal — 1/2 cup
Peeled black gram — 1/2 tsp
Mustard seeds — 1/2 tsp
Curry leaves — 1 stem
Oil — 7 tbsps
Asafoetida — 1/2 tsp
Salt to taste
METHOD

1. Clean dal and Indian gooseberry. Boil together. Add Curry leaves and salt to taste.
2. Fry black gram, asafoetida and mustard seeds. Season.
   Before eating, seeds should be removed from the soft amla flesh.

PURSLANE DAL
(BACCHALAKOORA PAPPU)

Bacchalakoora leaves are broad and slightly sour.
INGREDIENTS
Tur gram — 1/2 cup
Baccalakorra leaves — 1 bunch

Tamarind juice — 2 tbsp
Sugar — 1 tsp
Chilli powder — 1 tbsp
For Masala:
Peeled black gram — $^1/_2$ tsp
Mustard seeds — $^1/_2$ tsp
Cumin seeds — $^1/_2$ tsp
Oil — 1 tbsp
A pinch of asafoetida
Salt to taste
METHOD

1. Chop bacchalakoora leaves.
2. Boil the tur gram and leaves together.
   Add salt, sugar, chilli powder and tamarind juice.
   Cook till thick.
3. Fry masala. Season.

RAW TAMARIND PURSLANE DAL
(CHINTA BACCHALAKOORA PAPPU)

INGREDIENTS
Purslane leaves — $^1/_4$ bunch
Tur gram — $^1/_2$ cup
Raw tamarind — 5
Chilli powder — 1 tsp
A pinch of turmeric
Salt to taste
For Masala:

Peeled black gram — $^1/_2$ tsp
Mustard seeds — $^1/_2$ tsp
Oil — 1 tbsp
A pinch of asafoetida
METHOD

1. Chop purslane leaves.
2. Grind tamarind. Remove strands and bits of seeds.
3. Boil together with the dal. Add turmeric, salt and chilli powder. Cook till thick.
4. Fry masala. Season.

GREENBERRY DAL
(VAGKKAI PAPPU)

INGREDIENTS
Moong dal — $^1/_2$ cup
Vagkkai — 50 gms
Green chillies — 2
Chilli powder — 1 tsp
Oil — 1 tbsp
For Masala:
Black gram — $^1/_2$ tsp
Mustard seeds — $^1/_2$ tsp
Cumin seeds — $^1/_2$ tsp
Curry leaves — 1 stem
A pinch of asafoetida

METHOD

1. Boil moong dal. Chop green chillies.
2. Cut vagkkai to remove seeds and add to dal. Add salt, chilli powder and green chillies. Cook till thick.
3. Fry masala and season.

MANGO DAL
(MAMIDIKAI PAPPU)

INGREDIENTS

Small, sour, raw mangoes — 2
Chilli powder — 1 tbsp
Mustard seeds — 1 tsp
Cumin — $^1/_2$
Oil — 1 tbsp
Tur gram — 1 cup
Peeled black gram — $^1/_2$ tsp
Curry leaves — 1 sprig
Asafoetida — a pinch
Turmeric — a pinch
Salt to taste
Onion — 1

METHOD

1. Peel mangoes. Cut and remove the shells. Chop the mango flesh into small pieces. Chop onion.
2. Boil tur gram and keep aside.

3. Fry mustard, cumin seeds, turmeric, black gram, curry leaves and asafoetida.
4. Add mango pieces, onion pieces and salt. Add a glass of water and cook on low heat until the mango pieces are soft.
5. Add tur gram and stir.
6. Add chilli powder. Stir. Cook until thick.

LEMON DAL
(NIMMAKAI PAPPU)

INGREDIENTS

Tur gram — $^1/_2$ cup
A big lemon — $^1/_2$
Turmeric — a pinch
Mango ginger — a big piece
Green chillies — 2
Curry leaves — 1 stem
Oil — 1 tbsp
Peeled black gram — $^1/_2$ tsp
Mustard — $^1/_2$ tsp
Red chilli — 1
Asafoetida — a pinch
Salt to taste

METHOD

1. Extract lemon juice.
2. Peel the mango ginger and chop finely.
   Chop the green chillies finely. Clean and pluck

curry leaves.
3. Boil the tur gram well.
4. Add salt and turmeric and cook. Remove when thick. Add lemon juice, green chillies, curry leaves and mango ginger.
5. Break red chilli into pieces. Fry black gram, mustard, red chilli and asafoetida. Add to dal as seasoning.

TOMATO DAL
(TOMATO PAPPU)

INGREDIENTS
Tur gram — 1 cup
ripe tomatoes — 4
Cumin — 1 tsp
Mustard — $^1/_2$ tsp
Peeled black gram — $^1/_2$ tsp
Green chillies — 2
Onion — 1
Oil — 1 tbsp
Chilli powder — 1 tbsp
Curry leaves — 1 sprig
Salt to taste
METHOD
1. Boil tur gram and keep aside.
2. Chop tomatoes, onion and green chillies.
3. Fry cumin seeds, mustard, black gram and curry

leaves. Add onion and green chillies. After a minute, add tomatoes.
Cook on low heat until soft.

4. Add tur gram, half a glass of water, salt and chilli powder. Cook until thick. Stir.

SORREL DAL
(GONGURA PAPPU)

INGREDIENTS
Tur gram — $^1/_2$ cup
Chilli powder — 1 tsp
Sorrel leaves — $^1/_2$ bunch
Peeled black gram — 1 tsp
Mustard seeds — 1 tsp
Oil — 1 tbsp
Green chillies — 2
Small onions — 2
Asafoetida — a pinch
Salt to taste
METHOD

1. Boil the tur gram.
2. Chop green chillies finely. Chop onions.
3. Pour tur gram into a frying pan. Add sorrel leaves, chillies and onions. Add half a glass of water and cook until leaves and onions soften.
4. Add salt and chilli powder. Stir. Cook until thick.
5. Fry mustard, black gram and asafoetida - add.

FENUGREEK DAL
(MENTHI AKU PAPPU)

INGREDIENTS
Yellow peeled green gram — $^1/_2$ cup
Fenugreek leaves — $^1/_4$th bunch
Green chilli — 1
Oil — 1 tbsp
Chilli powder — $^1/_2$ tsp
Cumin seeds — $^1/_2$ tsp
Mustard — $^1/_2$ tsp
Salt to taste
METHOD
1. Clean the gram.
2. Pluck fenugreek leaves and clean.
3. Boil gram and fenugreek leaves together. Simmer until thick. Add salt and chilli powder.
4. Fry cumin seeds, mustard and green chilli and add to the dal.

TAMARIND DAL
(CHINTAKAI PAPPU)

INGREDIENTS
Tur gram — $^1/_2$ cup
Raw tamarind (where seeds are not yet hard or black) — 4 pieces

Turmeric — a pinch
Chilli powder — 1 tsp
Curry leaves — 1 stem
Onion — 1
Oil — 1 tbsp
Peeled black gram — 1 tsp
Mustard — 1 tsp
Asafoetida — a pinch
Salt to taste

METHOD

1. Boil the tur gram.
2. Clean the tamarind, grind, remove strands and bits of seeds.
3. Add to the dal. Add half cup water, turmeric, chilli powder, curry leaves and salt, and cook.
4. Chop the onion. Add.
5. Remove when the onions are cooked and when the dal is thick.
6. Fry black gram, mustard and asafoetida. Add as seasoning.

TAMARIND LEAF DAL
(CHINTA CHIGURU PAPPU)

INGREDIENTS

Green gram — $^1/_2$ cup (yellow, broken)
Tamarind leaves, small tender — $^1/_4$ cup
Chilli powder — 1 tsp

Asafoetida — a pinch
Mustard — 1 tsp
Black gram — 1 tsp
Red chilli — 1
Oil — 1 tbsp
Salt

METHOD

1. Clean tamarind leaves.
2. Add a cup of water and boil both leaves and green gram together.
3. Break the red chilli into small pieces. Fry mustard, black gram and red chilli.
4. Add dal and leaves to the seasoning and cook on a low heat. Add salt, chilli powder and asafoetida. Remove when thick.

COLOCASSIA LEAF DAL
(CHAMADUMPAKU PAPPU)

INGREDIENTS

Green gram peeled, broken — $^1/_2$ cup
Colocassia leaves — 3 big
Chilli powder — 1 tsp
Oil — 1 tbsp
Mustard — 1 tsp
Cumin seeds — 1tsp
Curry leaves — 1 stem
Green chilli — 1

Salt to taste
METHOD
1. Put one leaf on another, roll together,and chop finely to make long pipeces.
2. Boil green gram and leaves in a cup of water.
3. Chop green chilli
4. Add salt, chilli powder and green chillies. Cook until thick.
5. Fry mustard, cumin seeds and curry leaves — add as seasoning.

ANDHRA CUCUMBER DAL
(DOSAKAI PAPPU)

INGREDIENTS
Tur gram — $^1/_2$ cup.
Andhra cucumber — 1 small.
Chilli powder — 1 tbsp.
Red chilli — 1.
Tamarind juice — 2 tbsp.
Mustard — $^1/_2$ tsp.
Peeled black gram — $^1/_2$ tsp.
Turmeric — a pinch.
Asafoetida — a pinch.
Oil — 1 tbsp.
Salt to taste.
METHOD
1. Boil tur gram until soft.

2. Peel cucumber, check to see if it is sour, if not, cut into medium sized pieces.
3. Break red chilli into small pieces. Fry red chilli, mustard, black gram, asafoetida and turmeric.
4. Add cucumber, tamarind juice and half cup water. Cook on low heat until pieces are ready. Add dal. Stir. Add salt and chilli powder. Stir.

Remove when thick.

CURRIES
(SABJIS)

Ever heard of curries made from banana tree stems, or banana flowers?

Go on, explore this world of exotic Andhra curries.

DRUMSTICK CURRY
(MULAKKADA KOORA)

INGREDIENTS
Drumsticks, fleshy and tender — 4
Oil — 4 tbsp
Mustard seeds — 1 tbsp
Cumin seeds — 1 tbsp
Dry bengal gram — 1 tbsp
Gram flour — 2 tbsp
Chilli powder — tbsp
Jaggery — the size of a small lemon
Curry leaves — 1 sprig
Salt to taste

METHOD
1. Cut the drumsticks into quarters. Add salt and boil. Cool.
2. Open the sticks and remove the flesh inside.
3. Fry mustard, cumin seeds, dry bengal gram and curry leaves. Add gram flour. Fry. Add drumstick flesh, chilli powder and jaggery. Beat to mix. Stir. Remove when thick.

RAW BANANA CURRY
(ARATI KAI KOORA)

INGREDIENTS

Medium sized, raw, bananas — 2
Oil — 1 tbsp
Chilli powder — 1 tbsp
Mustard seeds — 1 tsp
Dry bangal gram — 1 tsp
Thick tamarind juice — 2 tbsp
Jaggery — the size of a small lemon
Green chillies — 2
Asafoetida — a pinch
Curry leaves — 1 stem
Turmeric — a pinch
Salt to taste

METHOD

1. Peel and chop bananas. Add salt, boil till soft. Strain out the water.
2. Fry mustard, dry bangal gram, green chillies, turmeric and asafoetida. Add banana pieces.
3. Add curry leaves, chilli powder, jaggery, and tamarind juice. Stir. Remove when thick.

JACKFRUIT CURRY
(PANASAKAI KOORA)

INGREDIENTS
Raw jackfruit — 400 gms
Tamarind — the size of a small lemon
Red chillies — 2
Green chilli — 1
Oil — 2 tbsp
Chilli powder — 1 tbsp
Mustard — $2^1/_2$ tsp
Bengal gram — 2 tbsp
A pinch of turmeric
Salt — 1 tsp
Asafoctida — a pinch
Curry leaves — 1 sprig
METHOD

1. Peel the jackfruit. Chop fruit into small pieces.Grind in mixer to get tiny, rough pieces. Remove any remnants of skin and strands.
2. Add half a glass of water, salt, turmeric to the jackfruit and pressure cook for 3 minutes. Remove. Cool well.
3. Soak tamarind in water. Extract 2 tbsp. of thick juice. Chop green chilli.
4. Take $1\text{-}^1/_2$ tsp. of mustard seeds, add a few drops of water. Grind.
5. Break red chillies into small pieces. Fry with 1 tsp. mustard, asafoetida, chilli powder, curry leaves and dry bengal gram.

6. Squeeze jackfruit pieces to remove water, and add to the frying pan.
7. Add tamarind juice, green chillies and ground mustard. Cook till it evaporates, and the curry is crisp.

BITTERGOURD CURRY
(KAKARKAI KOORA)

INGREDIENTS
Bittergourd — 300 gms
Gram flour — 2 tbsp
Oil — 4 tbsp
Peeled, broken black gram — $^1/_2$ tap
Mustard — $^1/_2$ tsp
Tamarind — the size of a lemon
Cumin seeds — $^1/_2$ tsp
Jaggery — the size of a big lemon
Chilli powder — 1 tbsp
Turmeric — a pinch
Asafoetida — pinch
Curry leaves — 1 sprig
Salt to taste
METHOD
1. Chop the bittergourd in circles. Remove seeds. Boil and cool.
2. Soak tamarind in water and extract 2 tbsp. of thick tamarind juice.

3. Fry black gram, cumin seeds, mustard turmeric and asafoetida. Add bittergourd and curry leaves. Fry on low heat till golden brown.
4. Add tamarind juice, chilli powder, salt and jaggery. Stir.
5. Sprinkle gram flour on it. Keep on low heat till almost crisp.

BANANA STEM CURRY
(ARATI DOOTA KOORA)

INGREDIENTS

Banana stem
Tamarind juice — 1 tbsp
Chilli powder — 1 tbsp
Urad dal — $^1/_2$ tsp
Mustard seeds — 1 tbsp
Asafoetida — $^1/_2$ tsp
Green chillies — 2
Curry leaves — 1 stem
Oil — 2 tsp
A pinch of haldi
Salt to taste

METHOD

1. Slit the stem lengthways and remove the outer white layer. Chop the inside stem into small pieces, removing sticky strands of fibre at the same time.

2. Add salt and turmeric to the pieces and pressure cook till soft. Strain out the water.
3. Heat oil. Fry black gram, mustard seeds, curry leaves and asafoetida. Add to the vegetable.
4. Chop green chillies. Wet mustard powder. Add with tamarind juice and salt to the vegetable. Cook on low heat till dry.

BANANA FLOWER CURRY
(ARATI PUVVU KOORA)

INGREDIENTS

Raw banana flower — 1
Thick tamarind juice — 1 tbsp
Mustard powder — 1 tsp
Mustard seeds — 1 tsp
Peeled black gram — 1 tsp
Channa dal — 1 tsp
Green chillies — 1 tsp
Curry leaves — 2 stems
Asafoetida — $^1/_2$ tsp
Chilli powder — 1 tsp
Red chillies — 2
Turmeric powder (haldi) — $^1/_2$ tsp
Oil — 2 tbsp
Salt to taste

METHOD

1. Pluck the small white flowers. Remove the

long stem inside each flower.
2. Cut the white flowers, grind with salt and turmeric. Pressure cook till soft. Squeeze out the water.
3. Chop green chillies. Wet mustard powder. Add these, with tamarind juice, chilli powder and salt to the flower.
4. Heat oil. Fry black gram, mustard seeds, channa dal, curry leaves, chillies and asafoetida. Add to the curry. Cook on low heat till dry.

YAM WADI
(KANDI WADIYAM)

INGREDIENTS
Yam — 250 gms
Rice — 2 tbsp
Red chillies — 4
Cumin seds — $^1/_2$ tsp
Coriander leaves — 1 sprig
Asafoetida — a pinch
Oil
Salt to taste
METHOD
1. Wash the yam, peel and cut into small pieces.
2. Soak rice for 2 hours. Drain out the water
3. Grind yam and rice together until thick and soft. Add salt, coriander leaves and asafoetida. Mix.

Grind the red chillies and cumin seeds. Add.

4. Pour oil in a frying pan. Take 2 tsps. of the paste in your fingers, pat in your palm to form the shape of a wada. Fry till golden brown.
Serve with ketchup.

SNAKEGOURD IN YOGHURT
(POTTLAKAI PERUGU PACCHADI)

INGREDIENTS
Tender snakegourd — 300 gms
Green chillies — 3
Chilli powder — $1\frac{1}{2}$ tsp
Oil — $1\frac{1}{2}$ tbsp
Fresh, thick yoghurt — $\frac{1}{2}$ cup
Mustard — $\frac{1}{2}$ tsp
Cumin seeds — $\frac{1}{2}$ tsp
Dry bengal gram — $\frac{1}{2}$ tsp
Curry leaves — 1 sprig
Turmeric — 1 pinch
Salt — 1 tbsp
METHOD

1. Chop snakegourd in circles. Remove hard seeds. Sprinkle salt on the snakegourd, mix well. Keep aside for 5 minutes.
Squeeze well to drain out the salt water.
2. Pour oil in the pan, fry cumin seeds, green chillies, mustard and dry bengal gram.

3. Add snakegourd, turmeric and chilli powder. Cook till soft. Cool well.
4. Add a pinch of salt to the yoghurt. Add curry leaves. Add snakegourd curry. Mix.

BROAD BEANS CURRY
(CHIKKUDUKAI KOORA)

INGREDIENTS
Broad beans — 300 gms
Oil — 1 tbsp
Peeled black gram — $^1/_2$ tsp
Mustard — $^1/_2$ tsp
Gram flour — 1 tbsp
Tamarind juice — 2 tbsp
Sugar — 2 tbsp
Chilli powder — 1 tsp
METHOD
1. Chop beans into 1 inch pieces. Boil with salt.
2. Fry black gram and mustard. Add beans to the frying pan.
3. Add gram flour, tamarind juice, sugar and chilli powder. Fry till almost dry. Stir.

RIBBED GOURD CURRY
(BEERAKAI KOORA)

INGREDIENTS
Tur gram — $^1/_2$ cup
Ribbed gourd — 400 gms
Chilli powder — 1 tsp
Curry leaves — 1 stem
Mustard — $^1/_2$ tsp
Bengal gram — $^1/_2$ tsp
Red chilli — 1
Oil — 2 tsp
METHOD

1. Peel gourd. Grind skin lightly in a dry grinder. Boil in half cup water. Strain out the water.
2. Boil tur gram until cooked but not too soft.
3. Break red chilli into small pieces. Add bengal gram and mustard. Fry.
4. Squeeze out the water from gourd skin, and add to the frying pan. Add tur gram and salt. Add curry leaves and chilli powder. Fry on low heat until dry.

ANDHRA CUCUMBER CURRY
(DOSAKAI KOORA)

'Andhra Cucumber' is rounded, with a yellow skin, has reddish seeds inside and is used for several tasty dishes.

INGREDIENTS

Andhra cucumber — 1
Tamarind juice — 1 tbsp
Sugar — 1 tsp
Turmeric — a pinch
Salt to taste
Curry leaves — 1 stem
Chilli powder — 1 tsp
Mustard — $^1/_2$ tsp
Peeled black gram — $^1/_2$ tsp
Green chillies — 2
Oil — 1 tsp

METHOD

1. Peel cucumber. Cut into medium-sized pieces. Check to see if the pieces - or the seeds - are sour. If not, then proceed. Chop green chilies. Pluck curry leaves from stem.
2. Fry mustard, black gram, green chillies and curry leaves.
3. Add cucumber, salt, chilli powder, tamarind, turmeric. When cooked, sprinkle sugar. Cook for two more minutes.

STUFFED BRINJAL ANDHRA CURRY
(GUTTHI VANKAI KOORA)

INGREDIENTS
Slender brinjal — 300 gms
For Masala:
Bengal gram — 4 tbsp
Fengureek — 1 tsp
Coriander seeds — 1 tbsp
Mustard — 1 tsp
Red Chilies — 6
Oil — 4 tbsp
For Curry:
Oil — 8 tbsp
Salt to taste
METHOD

1. Fry masala, cool and grind.
2. Slit brinjal into four sections lengthways without cutting off the crown.
   Fill masala inside. Tie with thin twine to keep masala intact.
3. Sprinkle salt and fry on low heat, turning the brinjals carefully. Remove from fire when cooked, and also remove the twine.

STUFFED SHORTGOURD CURRY
(DONDAKAI GUTTHI KOORA)

INGREDIENTS
Shortgourd — 30 gms
Onion — 1
Tamarind — a small rind
Oil — 7 tbsp
Salt to taste
For masala:
Oil — 2 tbsp
Red chillies — 6
Cumin seeds — 3 tbsp
Bengal gram — 1 tbsp
Mustard — 1 tsp

METHOD

1. Fry masala and grind.
2. Chop the onion. Add onion and tamarind to the masala, grind again.
3. Slit the shortgourd lengthways into four without cutting off the crown.
   Stuff them with masala.
   Fry on low heat, turning them carefully so that the masala does not fall out. Add salt. Remove when cooked.

STUFFED LADYFINGER CURRY
(BENDAKAI GUTTHI KOORA)

INGREDIENTS
Lady fingers — 300 gms
Cumin seeds — 4 tbsp
Chilli powder — 3 tbsp
Salt to taste
Oil — 6 tbsp
METHOD

1. Make one inch slits lengthways, in the centre of the lady fingers.
2. Grind together the cumin seeds, chilli powder and salt, after adding a few drops of water.
3. Stuff the lady fingers with this mixture, and fry on low heat until cooked.

GRAM CURRY
(PATTHOLI)

INGREDIENTS
Broken peeled green gram — 1 cup
Green chillies — 2
Cumin seeds — $1\frac{1}{2}$ tsp
Bengal gram — $\frac{1}{2}$ tsp

Mustard — 1/2 tsp
Curry leaves — 1 stem
Oil — 5 tbsp
Asafoetida — a pinch
Chilli powder — 1 tsp
Salt to taste

METHOD

1. Soak the green gram for 3 hours. Grind with 1/4 cup water. Add green chillies, 1 tsp cumin seeds and salt and grind again.
2. Fry bengal gram, mustard, 1/2 tsp cumin seeds, curry leaves and asafoetida. Add green gram mixture to the frying pan. Cook on low heat. Keep stirring so it does not get burnt.. Add chilli powder. Stir. Remove when dry.

   This curry is an unusual accompaniment with chapatis or rice.

CLUSTER BEANS CURRY
(GORI CHIKKUDUKAI KOORA)

INGREDIENTS
Cluster beans — 1/4 kg
Oil — 1 tbsp
Chilli powder — 1 tsp
Mustard seeds — 1/2 tsp
Bengal gram — 1/2 tsp
Curry leaves — 1 stem

Sugar — $^1/_2$ tsp
Ground coconut — 2 tbsp
Salt to taste
METHOD

1. Chop beans into small pieces. Boil with salt and a little water.
2. Fry mustard, bengal gram and curry leaves. Add beans and chilli powder. Stir.
3. Sprinkle coconut and sugar. Stir until dry.

STEWS

A teasing flavour, slightly sour, with the tang of tamarind. That's the Andhra stew or ***pulusu*** *for you.*

A ***pulusu*** *is a stew — it is much like the sambar of Tamil Nadu but usually without a dal.* ***Chaaru*** *on the other hand is a light digestive soup. And* ***kootu*** *is a thicker dish, with vegetables in gravy.*

SAMBAR

INGREDIENTS
Tur gram — 1/2 cup
Oil — 1 1/2 cup
Red chillies — 4
Pepper seeds — 10
Coriander seeds — 1 tbsp
Bengal gram — 1 tbsp
Fenugreek — 1/2 tsp
Cumin — 1/2 tsp
Tamarind, the size of alemon
Turmeric — a pinch
Asafoetida — a pinch
Curry leaves — a sprig
Chilli powder — 1/2
Sugar — 1/2 tsp
Salt to taste
VEGETABLES
Pumpkin
Onion
Radish
Drumstick
METHOD

1. Soak the tamarindin a small bowl of water for 10 minutes. Squeeze to extract juice.
2. *Vegetables:* Whichever vegetables you use, chop them into small pieces. In all, use a cupful of vegetables. Boil until soft and firm.
3. Boil tur gram until soft. Mash.

4. *Masala:* Heat the oil. Add red chillies, pepper seeds, coriander seeds, dry bengal gram, fenugreek seeds and cumin seeds. Fry until light brown. Strain. Cool the masala. Grind.
5. Pour dal into a frying pan. Add the tamarind juice. Heat on a slow flame. Add salt to taste, asafoetida and curry leaves.
6. Add masala, sugar and chilli powder. Stir.
7. Add a glass of water, vegetables and cook till you obtain the right consistency.

MULLIGATAWNY STEW
(CHAARU)

INGREDIENTS
Water — 3 cups
Tamarind, the size of $^1/_4$th lemon
Fenugreek seeds — 10
Curry leaves — 1 stem
Drumstick or ripe tomato — 1
Turmeric — a pinch
Asafoetida — a pinch
Black pepper seeds — 10
Oil — 1 tsp
Mustard — $^1/_2$ tsp
Cumin seeds — $^1/_2$ tsp
Salt to taste

METHOD

1. Add tamarind, turmeric, salt, fenugreek seeds, black pepper, curry leaves and drumstick (or tomato) pieces to water. Boil.
   When the vegetable pieces are done, simmer for 5 minutes. Remove.
2. Fry mustard, cumin seeds and asafoetida. Add this to the stew.

SPINACH STEW
(PALAKOORA PULUSU)

INGREDIENTS

Spinach leaves — 1 bunch
Tamarind, the size of a big lemon
Ripe tomatoes — 2
Small onions — 2
Sugar — 1 tbsp.
Chilli powder — $^1/_2$ tbsp
Peeled black gram — 1 tsp
Cumin seeds — 1 tbsp
Mustard — 1 tbsp
Oil — 1 tbsp
Asafoetida — a pinch
Salt to taste

METHOD

1. Clean spinach leaves. Chop into small pieces and boil.

2. Add water to tamarind and squeeze out a small bowl of tamarind juice.
3. Chop onions and tomatoes into medium sized pieces.
4. Put spinach leaves, tamarind juice, onions and tomatoes into a frying pan, add half a glass of water and cook. Add chilli powder, sugar and salt. Cook until thick.
5. Pour oil in the frying plan. Fry black gram cumin seeds, mustard and asafoetida. Add this seasoning to the stew.

FENUGREEK YOGHURT STEW
(MENTHI MAJJIGA)

INGREDIENTS
Yoghurt (1 day sour) — $1^1/_2$ cup
Turmeric — a pinch
Coriander leaves — a stem
Oil — 1 tbsp
Mustard — $^1/_2$ tsp
Cumin seeds — $^1/_2$ tsp
Peeled black gram — $^1/_2$ tsp
Asafoetida — a pinch
Green chillies — 2
Red chilli — $^1/_2$
Salt to taste

METHOD

1. Beat yoghurt.
2. Chop green chillies finely. Pluck coriander. Add salt and turmeric to the yoghurt.
3. Fry mustard, cumin seeds, black gram, asafoetida and red chilli. Season.

GRAMFLOUR YOGHURT STEW
(MAJJIGA PULUSU)

INGREDIENTS

A day old yoghurt — 2 cups
Turmeric — a pinch
Curry leaves — 1 stem
Chilli powder — 1 tsp
Ginger — 1 small piece
Green chillies — 2
Oil — 1 tsp
Mustard — $^1/_2$ tsp
Cumin seeds — $^1/_2$ tsp
Asafoetida — a pinch
Pumpkin (or any other vegetable) — 200 gms
Gram flour — 1 tbsp
Salt to taste

METHOD

1. Boil vegetables until firm and cooked.
2. Beat the yoghurt. Mix gram flour in it, without lumps.

3. Add turmeric, salt, chilli powder, curry leaves and a cup of water to the yoghurt. Add vegetables.
4. Grind green chillies and ginger. Add to yoghurt.
5. Cook. Allow it to thicken, stirring it all the while, to stop it from boiling over. Simmer on low heat. Remove after it is well blended.
6. Fry mustard, cumin seeds and asafoetida. Season.

CABBAGE STEW
(CABBAGE KOOTU)

INGREDIENTS

Tur gram — 1 cup
Cabbage — 200 gms
French beans — 50 gms
Tomato, ripe — 1
Drumstick — 1
Thick tamarind juice — 1 tsp
Sugar — 1tsp
Chilli powder — 1 tsp
Asafoetida — $^1/_2$ tsp
Peeled black gram — $^1/_2$ tsp
Mustard seeds — $^1/_2$ tsp
Dhaniya seeds — 1 tbsp
Pepper seeds — 6
Coconut — a small piece
Salt to taste

METHOD

1. Boil dal.
2. Chop vegetables into small pieces. Boil.
3. Mix both, with chilli powder, salt, asafoetida, sugar and tamarind juice.
4. Heat oil. Fry black gram and mustard seeds.
5. Grind coconut, dhaniya seeds and pepper seeds.
6. Add both masalas to the *kootu*, cook for 5 minutes on low heat.

GREEN GRAM STEW
(PESARAPAPPU KOOTU)

INGREDIENTS

Moong dal, yellow, broken — $^1/_2$ cup
Potato, big — 1
Drumstick — 1
Lowki — 200 gms
Coconut — 1 inch piece
Chilli Powder — $^1/_2$ tsp
Green chillies — 2
Curry leaves — 1 stem
Asafoetida — $^1/_2$ tsp
Salt to taste
For Masala:
Urad dal — $^1/_2$ tsp
Mustard seeds — $^1/_2$ tsp
Jeera — $^1/_2$ tsp

Refined oil — 1 tbsp
Pepper powder — $^1/_2$ tsp
METHOD

1. Clean and boil the dal.
2. Chop vegetables into small pieces and boil.
3. Grind coconut and green chillies together.
4. Mix all and cook on low heat, for 5 minutes. Add salt asafoetida and chilli powder.
5. Heat oil. Fry masala and add to the *kootu.*

FENUGREEK STEW
(MENTHI PULUSU)

INGREDIENTS
Fenugreek seeds — $^1/_2$ tsp
Tomato, ripe — 1
Drumstick — 1
Onions (small) — 2
Tamarind juice — 1 katori
Peeled black gram — $^1/_2$ tsp
Cumin seeds — $^1/_2$ tsp
Jaggery — $^1/_2$ tsp
Curry leaves — 1 stem
Oil — 1 tbsp
Salt to taste
METHOD

1. Chop vegetables.
2. Fry methi seeds.

3. Add tamarind juice, $^1/_2$ cup water, jaggery and salt. Boil for 5 minutes.
4. Fry black gram, cumin seeds and curry leaves. Season.

SORREL STEW
(GONGURA PULUSU)

INGREDIENTS

Sorrel with sour leaves and red stems — 1 medium sized bunch
Onion — 1
Oil — 1 tsp
Mustard — $^1/_2$ tsp
Peeled black gram — $^1/_2$ tsp
Asafoetida — a pinch
Bengal gram — $^1/_3$ cup
Chilli powder — 2 tsp
Green chilies — 2
Salt to taste

METHOD

1. Pluck the sorrel leaves. Clean well. Add $^1/_2$ a glass of water and cook.
2. Chop the onion into medium sized pieces. Chop green chillies. Add to the sorrel. Add chilli powder and salt.
3. Boil bengal gram in one glass of water. Add to the sorrel. Stir. Cook until thick.

4. Fry mustard, black gram and asafoetida. Season.

MIXED VEGETABLE STEW
(MUKKALA PULUSU)

INGREDIENTS
Recommended vegetables:
Drumstick — 1
Sweet potato — 1
Red pumpkin — 1/4
Lady fingers — 4
Tamarind, the size of a big lemon
Jaggery, the size of 1/2 a lemon
Chilli powder — 2 tbsp
Turmeric — a pinch
Asafoetida — a pinch
Curry leaves — a stem
Oil — 1 tsp
Cumin seeds — 1/2 tsp
Mustard — 1/2 tsp
Salt to taste
METHOD
1. Soak tamarind in water. Extract a cup of juice.
2. Chop vegetables (select any you like from the recommended vegetables) to make one full cup of vegetables.
3. Boil vegetables until cooked but not too soft. If you use lady fingers, add it to the pulusu only in

Step 4, don't boil it.

4. Add the vegetable pieces to tamarind juice, add one cup water, chilli powder, turmeric, curry leaves, salt and juggery. Cook. If you use pumpkin, mash it lightly. Cook until thick.
5. Fry cumin seeds,asafoetida and mustard. Season.

ROAST BRINJAL STEW
(PACCHI VANKAI PULUSU)

INGREDIENTS

Fleshy and round brinjal — 1
Tamarind, the size of a lemon
Turmeric — a pinch
Asafoetida — a pinch
Sugar — 1 tsp
Mustard — $^1/_2$ tsp
Black gram — $^1/_2$ tsp
Oil — 1 tsp
Green chillies — 2
Coriander leaves — 1 stem
Salt to taste

METHOD

1. Roast the brinjal, turning it on all four sides. When soft, and when the skin turns black and crackly, remove. Cool in water. Peel skin. Cut it carefully with a knife, checking to see if there are worms. If not, mash lightly.

2. Chop green chillies finely.
3. Add green chillies, salt, turmeric and sugar to the brinjal.
4. Soak tamarind — extract half a cup of thin tamarind juice. Add to brinjal. Mix.
5. Fry mustard, black gram, asafoetida and coriander leaves. Season.

SNACKS

How to make idlis soft and fluffy. How not to ruin dosas. The art of making a pesarettu. Here are some recipes of popular Andhra snacks.

IDLI

INGREDIENTS
Raw rice — $1^1/_2$ cup
OR
Idli semolina — $1^1/_2$ cup
Peeled, broken black gram — 1 cup
Oil/ghee — 1 tbsp
Salt to taste
METHOD

1. **With raw rice:** Soak black gram and rice in water for 6 hours. Wash, add salt, grind until thick and soft.
   With idli semolina: Made from boiled rice, this semolina gives you softer idlis. Soak gram and semolina separately for 6 hours. Wash gram. Add salt. Grind. Squeeze out the water from semolina. Add semolina to dal batter. Mix.
2. Allow the dough to ferment for 6 hours. Stir. Add a little water to get the right consistency.
3. Pat a film of oil/ghee on idli plates. Fill with idli batter. Steam for 7-8 minutes. (Use $1^1/_2$ cup water in pressure cooker. Do not use rocker).
4. Cool. Remove.

DOSA

INGREDIENTS

Peeled, broken black gram — 1 cup
Raw rice — 2 cups
Salt to taste
Oil for frying

METHOD

1. Soak gram and rice together for 6 hours.
   Clean.
   Grind until soft and thick.
2. Add salt. Ferment for 6 hours in a bigger vessel.
3. Add a little water for the right consistency.
4. Pat a film of water on the shallow frying pan. Heat for half a minute.
5. Make dosas, pouring oil around it, and in the centre, while it is frying.

NOTE:

1. Dosa batter is thinner than idli batter.
2. If Dosa batter is fermented a little longer, it tastes better.
3. Do not use Basmati rice — it adds a flavour.

VEGETABLE UPMA

INGREDIENTS
Semolina — 1 cup
Water — $1^1/_2$ cup
Carrot — 1
Ripe tomatoes — 2
Green chillies — 3
Dry bengal gram — 1 tsp
Mustard seeds — 1 tsp
Oil — 4 tbsp
Curry leaves — 1 sprig
Salt to taste

METHOD

1. Clean the semolina. Keep aside. Chop tomatoes, carrot and green chillies.
2. Pour oil in the frying pan. Fry the gram and mustard seeds till they pop. Add vegetables and green chillies. Cook for 5 minutes, stirring all the while.
3. Add water and salt. Add curry leaves.
4. When the water comes to a boil, add semolina slowly, stirring simultaneously, to avoid lumps. Cook for 5 minutes. Stir.

Serve with chutney or ketchup.

GREEN GRAM DOSA
(PESARETTU)

INGREDIENTS
Peeled green gram, broken — 1 cup
Cumin seeds — 1 tsp
Green chillies — 3
Red chillies — 3
Onions — 4
Asafoetida — a pinch
A small piece of ginger
A sprig of coriander leaves
Salt to taste
METHOD

1. Soak gram in water for three hours. Clean thoroughly. Strain out the water.
2. Grind with red chillies, 2 green chilies, cumin seeds and salt.
3. Chop onions, ginger, asafoetida, coriander leaves and a green chilli. Fry lightly.
4. Use the dough to make dosa. Fill the dosa with onion filling. Fold it.

WADA

INGREDIENTS
Black gram (peeled, broken) — 1 cup
Oil — $^1/_4$ kg.
Salt to taste
METHOD
1. Soak balck gram for 5 hours in water. Clean. Remove from water. Grind till thick and soft. Add salt.
2. Take dumplings the size of a laddu, place each in your palm, pat till round and make a hole in the centre.
3. Deep fry till light brown.

MASALA WADA

INGREDIENTS
Black gram (peeled, broken) — 1 cup
Oil — $^1/_4$ kg
Onion — 2
Green chillies — 4
Pepper seeds — 1 tbsp
Salt to taste
METHOD
1. Chop onions finely.

2. Grind green chillies and pepper.
3. The rest of the method is identical to that of 'wada'. Add onions, green chillies and pepper paste to the black gram batter.

DAHI WADA

INGREDIENTS
Black gram (broken, peeled) — 1 cup
Yoghurt — 1 kg
Mustard powder — 1 tbsp
Green chillies — 2
Curry leaves — 1 stem
Oil — $^1/_4$ kg
Chilli powder — 1 tbsp
Salt to taste
METHOD
1. Make wadas (see earlier recipe).
2. Soak wadas in yoghurt for 3 hours.
3. Chop green chillies finely. Sprinkle green chillies, mustard powder, salt and curry leaves on the dahiwada. Cool.

Just before serving, sprinkle chilli powder. Use ginger chutney as an accompaniment.

SAGO WADA
(SABUDANA WADI)

INGREDIENTS
Sago — 1 cup
Refined oil — 200 gm.
Potatoes — 2
Green chillies — 3
Coriander leaves — 1 sprig
Salt to taste
METHOD

1. Soak sago in water for 3 hours. Strain. Peel and boil the potatoes. Mash together with sago. Chop chillies and coriander leaves finely and mix. Add salt, mix well.
2. Made tiny wadas with tjhis dough in the palm of your hand and deep fry in oil.
   Remove when brown.

Serve with ketchup.

BREAD UPMA

INGREDIENTS
Bread slices — 3 (big)
Green chillies — 2
Tomatoes — 2

French beans — 4
Peas — 2 tbsp
Oil — 5 tbsp
Mustard seeds — 1 tsp
Cumin seeds — 1 tsp
Curry leaves — 1 sprig
Lemon — $^1/_2$
Salt to taste
METHOD

1. Fry mustard, cumin seeds and curry leaves.
2. Chop tomatoes, green chillies and beans, and add to the frying pan. Add peas. Fry.
3. When cooked, add $1^1/_2$ cups water and salt. Bring to a boil.
4. Break the bread into smaller pieces and add. Add lemon juice Stir.
5. Cover with a lid and cook on low heat till water evaporates. Mix.

Serve with ketchup.

PAKODA

INGREDIENTS
Gram flour — 1 cup
Onion — 1
Curry leaves — 1 stem
Chilli powder — 1 tsp
Baking soda — $^1/_2$ tsp

Oil — 300 gms.
Salt to taste
METHOD

1. Clean and pluck curry leaves. Dry.
2. Chop onion into medium sized pieces.
3. Mix all the ingredients, using a little water.
4. Heat oil. Make irregular lumps of the dough, and scatter them in the frying pan. Fry until golden brown.

Serve hot.

BUSKALU

INGREDIENTS
Refined flour — 1 cup
Sour yoghurt — $^1/_2$ cup
Chilli powder — 1 tsp
Green chillies — 4
Cumin — 1 tsp
Ginger — a small piece
Baking Soda — $^1/_2$ tsp
Oil — 300 gms.
Salt to taste
METHOD

1. Clean the flour. Sieve along with baking soda.
2. Grind chillies, cumin seeds and ginger.
3. Mix flour, yoghurt, ground masala, salt and chilli powder.

4. Make tiny balls and fry. Serve hot.

CHILLI PAKODA
(MIRAPAKKAI BAJJI)

INGREDIENTS
Green chillies (long and not hot) — 6
Gram flour — 200 gms
Baking soda — a pinch
Cumin seeds powder — 2 tbsp
Lemon — $1^1/_2$
Oil — $^1/_4$
Onion — 1
Salt to taste
METHOD

1. Make a slit in the side of each chilli and remove seeds.
2. Mix cumin seeds powder, the juice of half a lemon, and 1 tsp. salt. Stuff the chillies with the mixture.
3. Using a little water, mix gram flour, salt and baking soda to make a thick paste.
4. Dip each chilli in the dough to cover all sides. Deep fry.
5. Chop the onion finely. Garnish the pakodas with onion and lemon juice.

Serve hot.

POHA

INGREDIENTS

Poha (flat rice) — 2 cups
Turmeric — a pinch
Curry leaves — 2 stems
Oil — 1 tbsp
Dry bengal gram — 1 tsp
Mustard — $^1/_2$ tsp
Peeled black gram — $^1/_2$ tsp
Tamarind juice — 2 tbsp
Green chillies — 2
Sugar — $^1/_2$ tbsp
Asafoetida — a pinch
Salt to taste

METHOD

1. To prepare flat rice: If it is machine made flat rice, soak in water for 5 minutes. If hand made flat rice, soak for 30 minutes.

   Clean. Squeeze out the water.
2. Add turmeric and curry leaves.
3. Fry dry bengal gram, mustard, black gram and asafoetida. Heat tamarind juice. Chop green chillies.
4. Add fried masala, salt, tamarind juice, green chillies and sugar to the flat rice.
5. Mix well. Keep aside for one hour.

LEMON POHA

The method is the same as for Poha. But instead of tamarind, use the juice of one lemon. And add $^1/_4$ cup fried, unsalted groundnuts to the Poha.

TAMARIND RICE
(PULIHARA)

INGREDIENTS
Rice — 1 cup
Dry bengal gram — 1 tbsp
Coriander seeds — 1 tbsp
Groundnut or sunflower oil — 7 tbsp
Pepper seeds — 5 tsps.
Cinnamon — 3 pieces
Cloves — 4
Green chillies — 4
Jaggery — the size of a small lemon
Tamarind — the size of a big lemon
Turmeric — $^1/_2$ tsp
Asafoetida — $^1/_2$ tsp
Groundnuts — 50 gms
Curry leaves — 1 sprig
Salt to taste

METHOD

1. Soak tamarind in $^1/_4$ cup water. Cook rice. Cool. Fry groundnuts and curry leaves. Strain and keep aside.
2. Fry bengal gram coriander seeds, pepper seeds, cinnamon and cloves. Add turmeric and asafoetida just before taking the masala off the fire. Strain, grind. Cool.
3. Pour rice in a big vessel. Drain the ramaining oil into it.
   Mix tamarind in water and make a thick juice. Pour in the pan and boil for 2 minutes. Add salt to taste, jaggery, green chillies and the masala. Beat to mix.
4. Remove and mix well with the rice. Cool and serve.

BRINJAL RICE
(VANKAI ANNAM)

INGREDIENTS
Rice — 1 cup
Brinjal — 300 gms
Oil — 3 tbsp
Green chillies — 2
Garam masala — 1 tsp
Ghee — 2 tbsp
Cashewnuts — 10

Raisins — 10
Onion, big — 1
Salt to taste
METHOD

1. Cook rice. Keep aside.
2. Chop brinjal into long pieces. Chop onion into circular rings. Chop green chillies lengthwise.
3. Fry brinjal and green chillies - add salt and garam masala. Add this to the rice. Mix.
4. Fry cashewnuts and raisins in ghee and strain. Add to the rice.
5. Fry onions until golden brown. Garnish on the brinjal rice.

MANGO TAMARIND RICE
(MAMIDI ALLA PULHARA)

INGREDIENTS
Rice — 1 cup
Mangoes (small, raw, sour and fleshy) — 2
Curry leaves — 2 stems
Turmeric — a pinch
Dry bengal gram — 1 tbsp
Mustard — $^1/_2$ tsp
Green chilli — 1
Oil — 5 tbsp
Asafoetida — a pinch
Salt

METHOD

1. Cook the rice. Add turmeric and salt. Cool. Heat 1 tbsp oil and add. Add curry leaves. Keep aside.
2. Peel and grate the mangoes. Chop green chilli finely. Fry bengal gram, mustard and green chilli. Add asafoetida.
3. Add fried masala alongwith the oil to rice. Add mango. Mix. Keep aside for one hour.

YOGHURT RICE
(DADDOJANAM)

INGREDIENTS

Rice — 1 cup
Thick yoghurt — 1 cup
Salt to taste
Ghee — 1 tsp
Curry leaves — 1 sprig
Green chillies — 2
Mustard — $^1/_2$ tsp
Black gram — $^1/_2$ tsp
Cumin seeds — $^1/_2$ tsp
Mango ginger or ginger — a small piece
Red chilli — 1

METHOD

1. Cook rice. Cool well.
2. Fry mustard, cumin seeds, black gram and curry leaves.

3. Chop green chillies finely. Chop ginger.
4. Mix curd well in the rice. Add the masala, and green chillies and ginger.
5. Tear red chilli into small pieces. Garnish.

COCONUT RICE
(COBBARI ANNAM)

INGREDIENTS
Rice — 1 cup
Coconut — $^1/_2$
Ghee — 2 tbsp
Mustard — 1 tsp
Cumin seeds — 1 tbsp
Bengal gram — 1 tbsp
Green chillies — 2
Curry leaves — 1 sprig
Salt to taste
Cashewnuts — 15
Raisins — 15
METHOD
1. Cook the rice and cool.
2. Fry mustard, cumin seeds, bengal gram, cashewnuts and raisins in the ghee.
3. Chop green chillies finely. Pluck curry leaves.
4. Grind the coconut coarsely
5. Mix all with the rice. Add salt and mix.

SWEETS

Some of these sweets are so rare and localised, even their names cannot be translated.

SWEET PONGAL
(CHAKKARA PONGAL)

INGREDIENTS
Rice — 1/2 cup
Peeled broken green gram — 1/2 cup
Sugur — 1/2 cup
Cashewnuts — 15 gms
Raisins — 15
Cardamom — 15
Ghee — 1/2
Milk — 1/2 cup
METHOD
1. Roast rice and green gram slightly. Cool. Clean. Cook in a pressure cooker with 2 cups of water.
2. Add sugar, milk, stirring all the while.
3. Fry cashewnuts and raisins. Add.
4. Shell and powder cardamom. Add when pongal is thick. Stir. Remove. Cool.

SAJJAPALU

Semolina — 1 cup
Sugar — 1/2 cup
Water — 1 cup
Milk — 1/2 cup

Cardamom — 6
Ghee — 2 tbsp
Flour — 1 cup
Oil — 300 gms
METHOD

1. Fry semolina in ghee lightly. Add milk, water and sugar. Stir on low heat.
2. Shell and powder cardamom. Add. Remove when thick. Cool.
3. Mix flour with a little water to make puri dough. Make little balls and pat them into little puris. Place little balls of the semolina mixture in the centre. Close the dough all around. Now pat them flat until they are the size of of small puris. Fry in oil. Remove when brown.

This sweet dish can be preserved for 15 days.

KAJJIKAI

INGREDIENTS
Semolina — 1 cup
Ghee — 4 tbsp
Sugar — $^1/_2$ cup
Dry coconut — $^1/_4$
Cashewnuts — 25 gms
Raisins — 25 gms
Cardamom — 10
Refined flour — 1 cup

Oil — $^1/_2$ kg

METHOD

1. Fry semolina in two tbsp of ghee. Cool.
2. Grind the coconut.
3. Fry cashewnuts and raisins in two tbsp of ghee. Shell and powder cardamom.
4. Mix semolina, coconut, sugar, cashewnut, raisins and cardamom.
5. Clean flour. Add water to make puri dough. Make little balls and flatten to make medium-sized puris.
6. At the centre of each puri put 1 tbsp of the filling. Fold to form semi circular cakes. Press edges. Cut uneven edges to make a neat curve.
   Deep fry until dark brown. Cool.

These can be stored for 15 days.

RICE KHEER
(ANNA PARAVANAM)

INGREDIENTS

Rice — 1 cup
Water — 2 cups
Milk — $^1/_2$ litre
Jaggery or sugar — $^1/_2$ cup
Cashewnuts — 25 gms
Raisins — 25 gms
Cardamom — 15 gms

Refined oil or ghee — 1 tbsp

METHOD

1. Clean rice. Pressure cook with two cups of water.
2. Boil milk. Add to the rice. Add jaggery or sugar. Stir until jaggery/sugar melts and the kheer thickens.
3. Shell and powder cardamom. Add. Fry cashewnuts and raisins. Add.

Cool and serve.

VERMICELLI KHEER
(SEMIYA PARAVANAM)

INGREDIENTS

Milk — 1 litre

Thin, long vermicelli — $^1/_2$ cup

Cashewnuts — 15 gms

Raisins — 15 gms

Cardamom — 15

Ghee — 4 tbsp

Sugar — 1 cup

METHOD

1. Break vermicelli to about the length of 10 cm, and fry lightly in two tbsp of ghee. Take care to see it does not turn very brown.
2. Fry cashewnuts and raisins. Shell and powder cardamom.
3. Boil milk. Add vermicelli. When vermicelli is

cooked, add sugar and simmer on low heat for 5 minutes. Add cashewnuts, raisins and cardamom. Cool.

BOONDI LADDU

INGREDIENTS
Gram flour — 2 cups
Sugar — 2 cups
Baking soda — $^1/_2$ tsp
Cashewnuts — 50 gms
Raisins — 50 gms.
Cardamom — 15
A few strands saffron
A few drops of milk
Ghee — $^1/_2$ kg
METHOD

1. Shell and powder cardamom. Add $^1/_4$ cup water to sugar, heat until sugar melts. To check if the sugar solution is ready, take a drop of the solution and drop it in water - if it remains intact and and does not dissolve right away in water, the sugar solution is ready. Add saffron and cardamom powder to it.
   (While preparing the sugar solution, add a few drops of milk. Impurities will collect on the surface in a layer — remove it.)
2. Add soda and water to gram flour, and make a

paste, without lumps.

3. Heat $^1/_2$ kg of ghee. Put gram flour in a boondi maker and fry boondi. Remove when light yellow.
4. Fry cashew and raisins. Add boondi, cashew and raisins to sugar solution and mix. Cool. Rub some ghee on your palms. Make laddus by squeezing the boondi in your hands.

MINNAPPA SUNNI

INGREDIENTS

Black gram — $^1/_4$ kg.
Jaggery — 100 gms
Ghee — 100 gms
Raw rice — 2 tbsp

METHOD

1. Roast black gram until brown. Cool. Whip lightly to remove skin.
2. Roast rice until brown and grind till soft.
3. Add jaggery.
4. Add warm ghee and mix. Take small lumps of this mixture and make round laddus with them.

UNDRALLU

Undralu is a dish popularly made on the occasion of Ganesh Chaturthi. It is known in religious stories to be a favourite dish of Lord Ganesha.

INGREDIENTS

Boiled rice semolina (idli rawa) — 1 cup
Water — 2 cups
Dry bengal gram — $^1/_4$ cup
Salt to taste

METHOD

1. Boil water. Add bengal gram and cook on low heat. Add salt to taste. When soft, add rawa. Stir for 5 minutes. Strain out the water and cool.
2. Make large sized laddus out of them.
3. Steam the laddus in a pressure cooker.

Serve with an accompaniment of jaggery and ghee.

BOBBATLU

INGREDIENTS

Dry bengal gram $^1/_2$ kg.
Jaggery $^1/_2$ kg
Flour — $^1/_2$ kg
Cardamom powder — 1 tsp
Oil — 100 gms

Banana leaf — the size of a large handkerchief
METHOD

1. Boil bangal gram till soft. Drain out the water. Cool.
2. Beat jaggery into small pieces or powder.
3. Mix flour with a little water to form a puri- like batter and keep aside for an hour.
4. Grind jaggery and bengal gram well, with cardamom powder.
5. Pat a little water on your hands and make small puris with flour batter. Place a small ball of jaggery-gram mixture in the centre of each puri and cover all sides as if to form a laddu with a jaggery-gram centre.
6. Pat a film of oil on the banana leaf. Place each 'laddu' on it and pat flat to form puris again.
7. Very carefully, lift the banana leaf and upturn the puri onto a shallow frying pan. Fry lightly using a little oil. Remove and cool.

JANGERY

Jangery is almost like the *jilebi* of North India, but slightly different in taste.
INGREDIENTS
Peeled black gram — $^1/_2$ kg
Sugar — 1 kg
Ghee or Dalda — $^1/_2$ kg

Rice — 2 tbsp
Orange colouring — a drop
METHOD

1. Soak gram overnight, and soak rice for one hour in water.
2. Wash the gram and drain out the water completely.
3. Grind the gram and rice well until smooth. Add colouring.
4. Use either a wide frying pan or a deep big plate to fry. Heat ghee, and keep simmering on low heat.
5. Take a thick white piece of cloth and make a hole in it to use as a sieve. Wet the cloth and squeeze dry.
6. Place one large ball of dough in the cloth. Hold from all sides and squeeze the dough into frying pan (like icing) in the shape of concentric circles.
7. Use sugar to make a sugar solution as in the recipe for 'Boondi Laddu'. Drop *Jangery* into it. Soak.

MILK KHOA
(PALA KOVA)

INGREDIENTS
Milk — 1 litre
Sugar — $^1/_4$ kg
METHOD

1. Heat milk on a low heat, stirring continuously, not allowing it to boil.
2. When it starts to thicken, add sugar, stirring all the while.
3. When thick, remove and pour on a flat shallow dish. Cool and cut into the desired shape.

THOKKUDU LADDU

INGREDIENTS
Gram flour — $^1/_2$ kg
Sugar — 1 kg.
Ghee — $^1/_4$ kg
Cardamom powder — 1 tsp
METHOD

1. Make a thick batter with gram flour and water. Heat ghee in a frying pan. Using a mould that's used to make 'sev', pour gram flour batter into the ghee, and remove when light brown. Cool.
2. Make a light sugar syrup by heating sugar with water.
3. Grind the fried gram flour and pour in the syrup. Add cardamom powder. Mix. Allow to soak for five munutes.
4. Grind again for half an hour till the sugar syrup turns into white flakes.
5. Roll into little balls the size of a lemon.

NON-VEGETARIAN ANDHRA SPECIALITIES

The recipes here are derived from the coastal regious of Andhra Pradesh and from Hyderabad.

NAWABI PULAO

INGREDIENTS
Chicken — 1/2
Mutton — 1/4 kg
Yoghurt — 1 cup
Rice — 1/2 kg
Eggs — 2
Onions — 3
Green peas, shelled — 1/4 cup
Garlic — 2 cloves
Ginger — 1 piece
Rose water
Salt to taste
Oil for frying
METHOD

1. Wash rice, soak in water for 15 minutes. Place in a vessel with 1 1/2 times the quantity of water, and salt to taste.
   Pour 2 cups of water in a pressure cooker. Cook rice.
2. Clean and cut the mutton into cubes. Joint chicken. Boil eggs and keep aside. Boil green peas with salt and keep aside. Grind ginger and garlic. Slice the onions.
3. Fry onion, ginger and garlic paste with mutton for few minutes. Add jointed chicken and fry. Add 3 cups of water and salt to taste. Cook on a slow fire till the meat is tender and only 1/3 of the gravy is left.

4. Add some oil and well beaten yoghurt. Cook on a slow fire until absorbed by the meat. Add a teaspoon of rose water after it is cooked.
5. Take a heavy-bottomed vessel and arrange alternate layers of rice and cooked meat, making sure that the first and last layers consist of rice.
6. Garnish with fried onions, quartered hard boiled eggs and boiled green peas.

SHIKAMPURI KABAB

INGREDIENTS
Minced meat — 250 gms
Coriander leaves — a small bunch.
Egg — 1
Green Chillies — 2
Lemon — $^1/_2$
Salt to taste
Oil for frying
Paneer — 2 tbsp
Onion — 1
FOR MASALA
Bengal gram dal — 4 tsp (ground)
Cumin seed — $^3/_4$ tsp (ground)
Garam masala powder — $^1/_4$ tsp
Ginger — a small piece (ground).
METHOD
1. Wash minced meat and keep ready, with all the

masala and 1 cup of water.

2. Beat egg. Add half the quantity of beaten egg and lime juice to minced meat and grind to a fine paste.
3. Chop paneer, onion, chillies and coriander leaves. Mix. Keep aside for the filling.
4. Divide the meat mixture into even sized portions. Shape each portion into a flat kabab.
   Place a little of the filling in the centre of each kabab and seal on all sides.
5. Fry well on both sides until golden brown in colour.
   Serve hot with onion and slices of fresh lime.

HALEEM

INGREDIENTS
Boned lamb — 1 kg
Onions — 4
Red chillies — 6
Turmeric powder — $^1/_2$ tsp
Green chillies — 6
Cardamoms — 4
Cloves — 6
Mashed papaya — 1 tbsp
Wheat — $^1/_2$ kg
Yoghurt — 1 cup
Ginger — a small piece

Garlic — 7
Coconut — 1/4 (ground)
Coriander leaves — 3 bunches
Mint leaves — 1 bunches
Cinnamon — 1 stick
Salt to taste
Oil — 1/4 kg
METHOD

1. Clean and wash the wheat. Soak in water for 20 minutes. Grind to a coarse paste with water, add 3 cups of water and pressure cook.
2. Remove the ground, cooked wheat and mash well.
3. Chop meat into small pieces and rub with papaya, lime juice and salt.
4. Powder cardamon, cloves and cinnamon. Roast the coconut. Chop coriander and mint leaves. Grind ginger, garlic, chillies, chopped coriander, mint and mix with turmeric powder and beaten yoghurt. Marinate meat pieces in this for half an hour.
5. Heat oil and fry onions until golden brown in colour. Remove some and keep aside.
6. Add garam masala and meat mixture to the remaining onions and fry well until the oil floats on top.
7. Add the cooked wheat and beat the mixture until the meat breaks up.
8. Add lime juice and allow to simmer on a low fire for about 10-15 minutes.

   Serve garnished with fried onions and slices of lime.

PRAWN MALAI CURRY

INGREDIENTS
Prawns — 250 gms
Onions — 2
Turmeric powder — $^1/_2$ tsp
Chilli powder — $^1/_4$ tsp
Coriander powder — $^1/_4$ tsp
Tomatoes — 2
Grated coconut — 2 tbsp
Cloves — 2
Cardamoms — 2
Sugar — $^1/_2$ tsp
Cinnamon — a small piece
Oil for frying
Salt
METHOD

1. Clean prawns. Apply turmeric and salt and marinate for 10 minutes.
2. Grind the onions to a fine paste. Slice tomatoes and powder the garam masala.
3. Extract the coconut milk by grinding with $^1/_2$ cup hot water.
4. Heat oil and fry prawns until brown.
5. Fry cumin seeds, garam masala powder and onion paste until brown.
   Add chilli powder, coriander powder, tomatoes, salt to taste and fry for 3 minutes. Now add fried prawns.
6. Pressure cook for 5 minutes. Remove and cool.

7. Add coconut milk and allow to simmer on a low fire until gravy thickens. Garnish with chopped coriander leaves. Serve hot.

MALAI MURG

INGREDIENTS
Chicken — 1
Onion — 1
Tomatoes — 2
Green chilies — 2
Ginger — a small piece
Garlic — 4 cloves
Poppyseeds — 2 tsp
Yoghurt — 1 cup
Coconut — 1
Turmeric powder — $^1/_2$ tsp
Chilli powder — 1 tsp
Coriander powder, roasted, — 2 tsp
Saffron — a pinch
Oil for frying
Salt to taste
METHOD
1. Clean and joint chicken.
2. Slice onions. Chop tomatoes and green chillies. Grind ginger and garlic to a paste. Grind poppy seeds to a paste.
3. Grate coconut and extract coconut milk.

4. Heat oil in a frying pan. Add onions and green chillies and fry until golden brown in colour. Add chicken pieces, ginger, garlic paste, turmeric powder, chilli powder, coriander powder, poppy seeds paste and salt to taste.
5. Brown well adding a little yoghurt at a time. Add chopped tomatoes, coconut milk and saffron. Mix well.
6. Pour two cups of water in a pressure cooker. Place the container with chicken in it and pressure cook for 8 minutes.
7. Squeeze lime juice before serving.

DUM GOSHT

INGREDIENTS
Mutton — 1 kg
Poppy seeds — 1 tbsp
Almonds — 6
Ginger — a small piece
Garlic — 1 pod
Peppercorns — 1 tsp
Cardamom — 4
Cinnamon — 3 sticks
Green papaya — a small piece
Coriander leaves — a small bunch
Salt to taste
Oil to fry

METHOD

1. Chop mutton. Roast poppy seeds and almonds and grind to a paste. Grind ginger and garlic to a paste. Grind cinnamon cardamom, pepper, papaya and coriander leaves with salt.
2. Wash meat and beat on a grinding stone.
3. Mix ground masalas and marinate meat pieces for an hour.
4. Heat oil, fry meat pieces for 5 minutes.
5. Pressure cook for 15 minutes.

CHICKEN BIRYANI

INGREDIENTS

Rice — 500 gm
Chicken, small — 1
Hard boiled eggs — 3
Onions — $^1/_4$ kg
Potatoes — $^1/_4$ kg
Tomatoes — $^1/_4$ kg
Shelled peas — 1 cup
Raisins — 50 gms
Cashewnuts — 50 gms
Oil — 250 gms
Lemons — 3
Salt to taste

FOR MASALA

Coriander seeds — 1 tbsp

Cumin seeds — 1 tsp
Garam Masala — $^1/_2$ tsp
Coriander leaves — a small bunch
Red chillies — 3
Ginger — a small piece
Garlic — 3 cloves
Green chillies — 3

METHOD

1. Wash the rice and soak in water for 15 minutes. Cook and keep ready.
2. Slice onions. Slice eggs lengthwise in half. Clean and cut chicken into small pieces.
3. Wash, peel and quarter potatoes. Grind ingredients of masala to a smooth paste. Extract juice of lemons.
4. Fry onions. Remove half and keep aside. Add ground masala. Add chicken pieces, potatoes, peas and salt. Add 2 cups of water and cook until all the water is absorbed.
5. Put 2 tablespoons of oil in an ovenproof dish. Place a layer of cooked rice followed by a layer of chicken. Place a layer of fried onions, boiled eggs and shredded tomatoes. Repeat layers and finish with a layer of rice. Sprinkle some oil on top. Sprinkle fried cashewnuts and fried raisins.
6. Bake until the top get brown. Serve hot with pickles and raitha.

KHEEMA PARATHA

INGREDIENTS
Kheema or minced meat — $1\frac{1}{2}$ or $\frac{1}{2}$ cup
Refined flour — $\frac{1}{4}$ kg
Egg — 1
Ginger — a small piece
Green chillies
Dry Mango powder — 2 tbsp
Onion — 2
Salt — 1 tbsp
Chilli powder — $\frac{1}{2}$
Garam masala — 1 tbsp
Oil for frying
Lemon to garnish
METHOD

1. Grind ginger, green chillies and add dry mango powder, chilli powder and garam masala.
   Heat oil, fry this masala with kheema until dry.
2. Mix water little by little in the flour to make a dough. Roll out small balls, and make small flat puris from them.
   Fill in the kheema, fold puris over it and roll out in the shape of parathas.
   Fry in a shallow frying pan.
3. Break egg and beat. Dab a spoon of beaten egg onto the parathas. Garnish with fresh lime and onion slices.

EGG CURRY

INGREDIENTS
Eggs — 4
Potato — $^1/_2$ kg
Green chillies — 4
Bengal gram dal — $^1/_2$ tsp
Fried coriander seeds — $^1/_2$ tsp
Curry leaves — 2 sprigs
Chilli powder — 1 tsp
Soya sauce — 1 tbsp
Turmeric powder — $^1/_2$ tbsp
Oil for frying
Cream — $^1/_4$ cup
Salt to taste

METHOD

1. Boil potatoes, peel and cut each into two pieces.
2. Boil eggs, remove skins and slice into two halves.
3. Heat oil, grind green chillies, bengal gram and fried coriander seeds and fry. Add egg pieces and fry for 3 minutes. Add potatoes, chilli powder, turmeric powder soya sauce, salt and curry leaves. Fry.
4. Pour cream on top.

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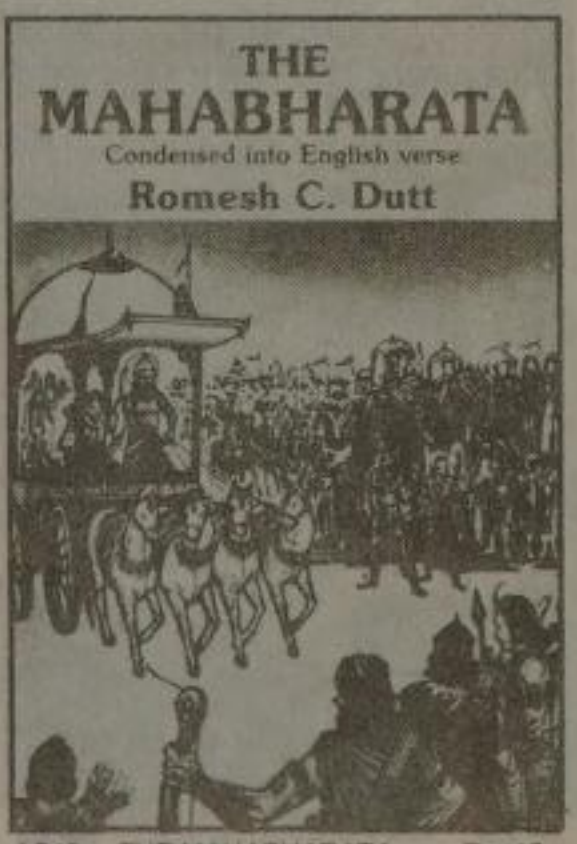

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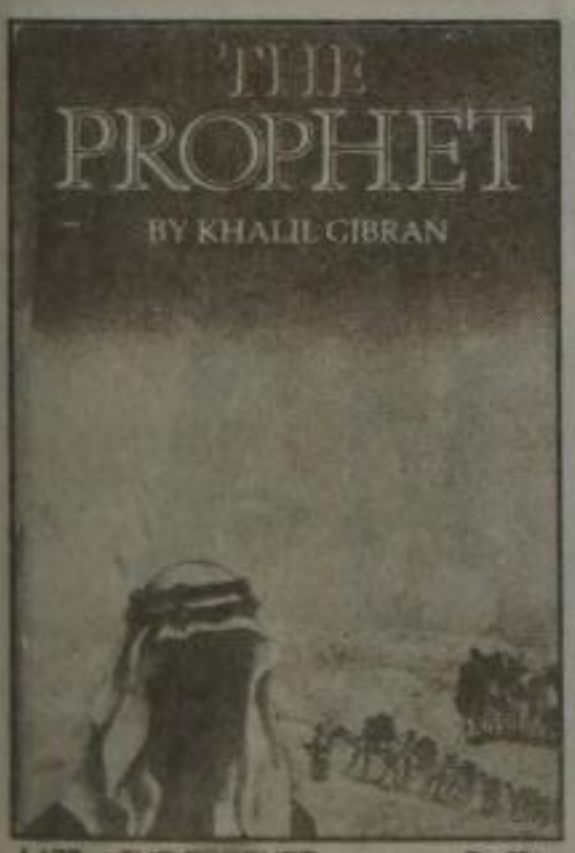

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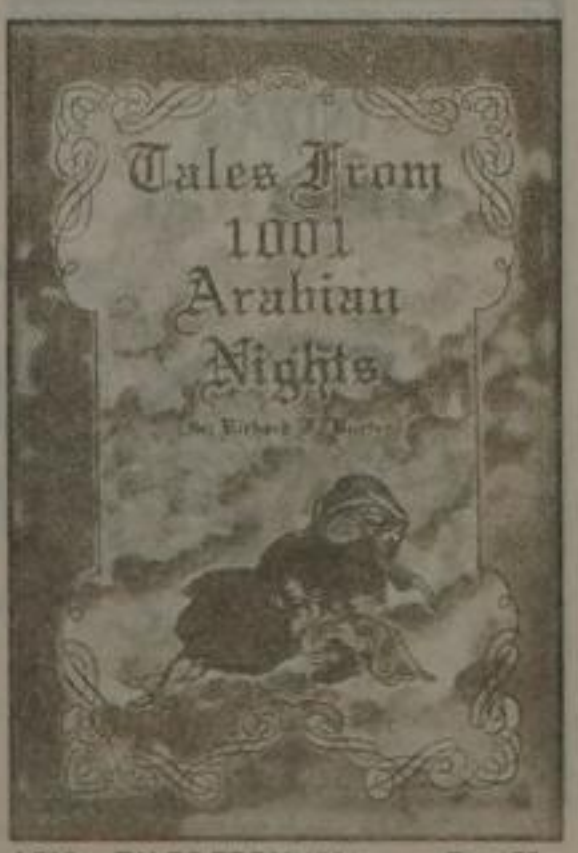

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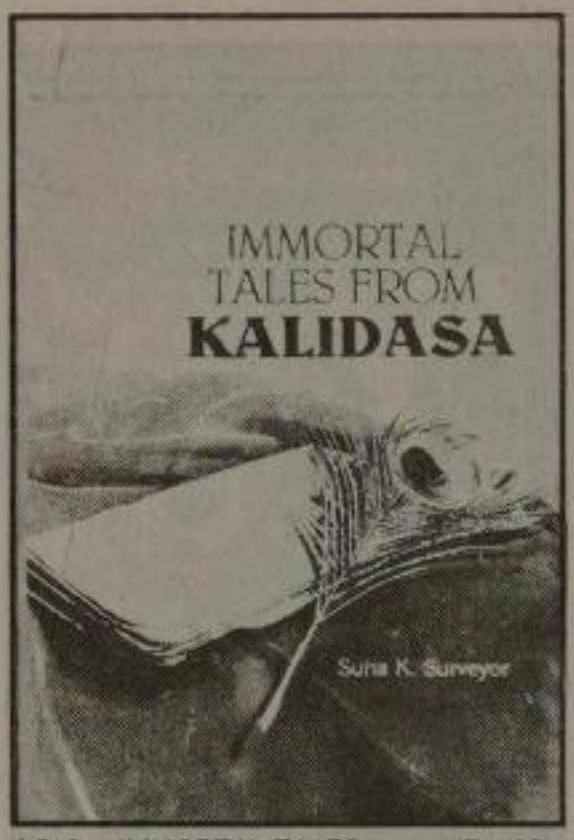

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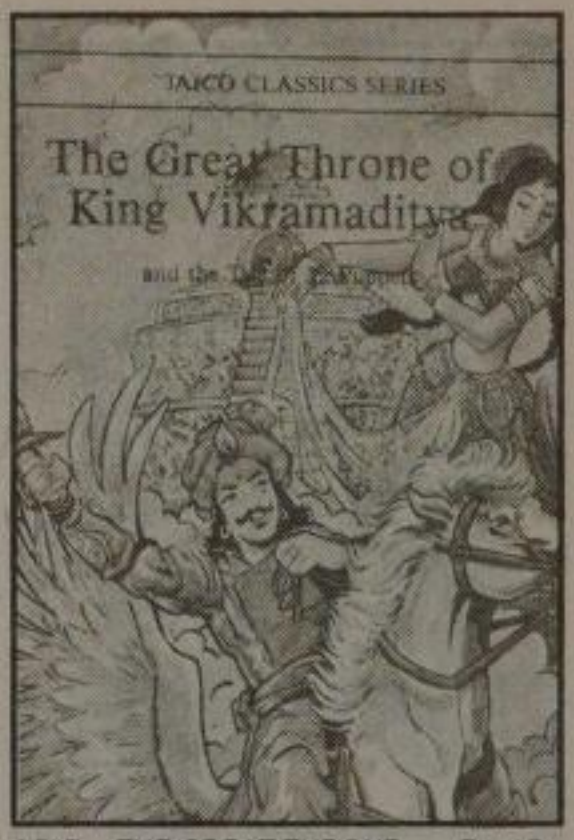

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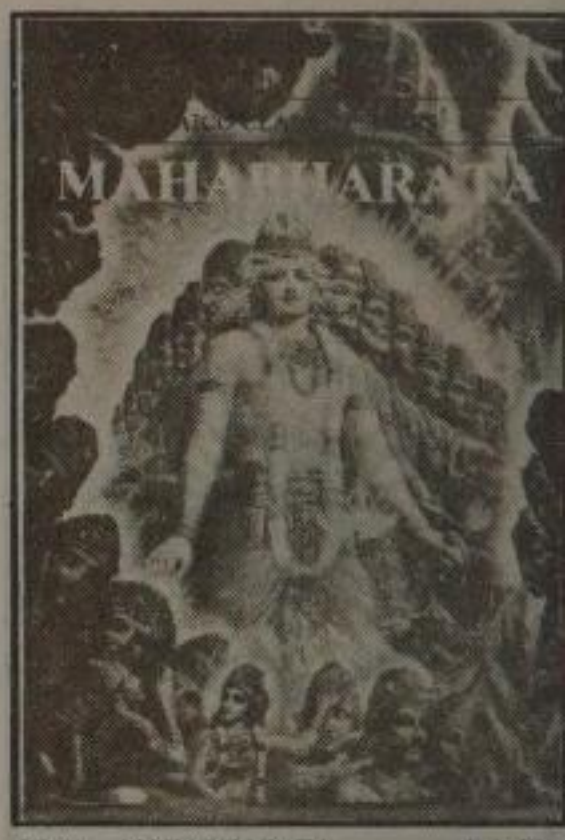

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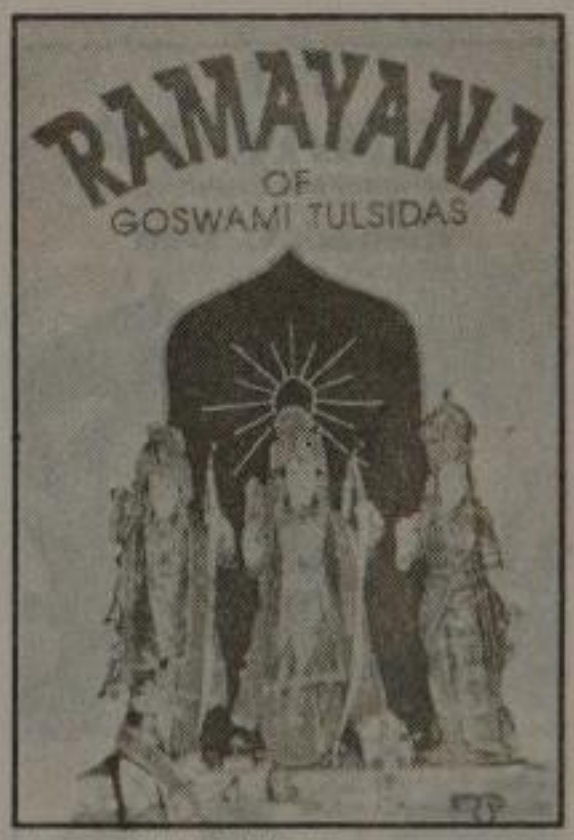

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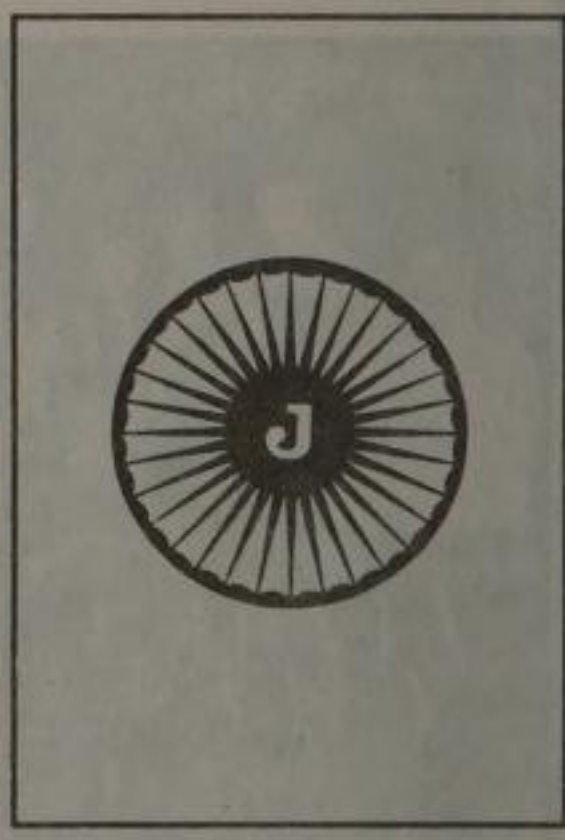

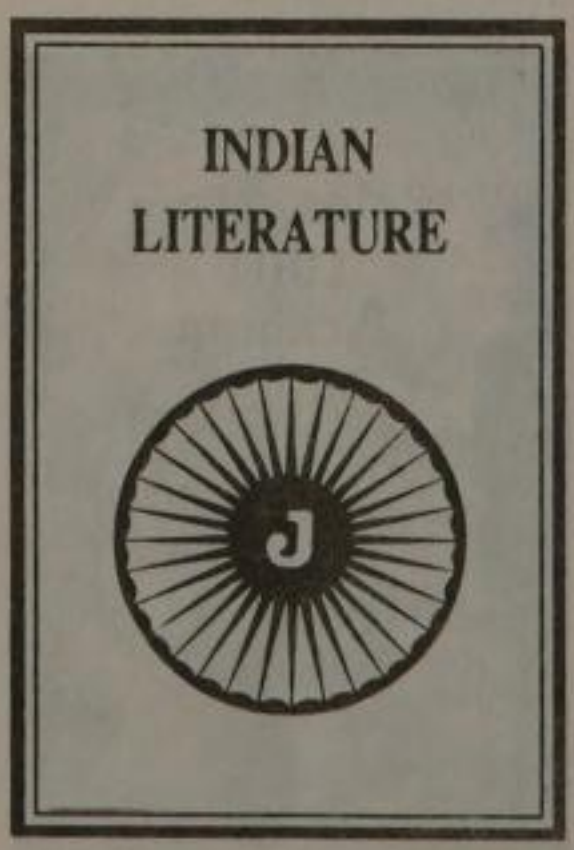

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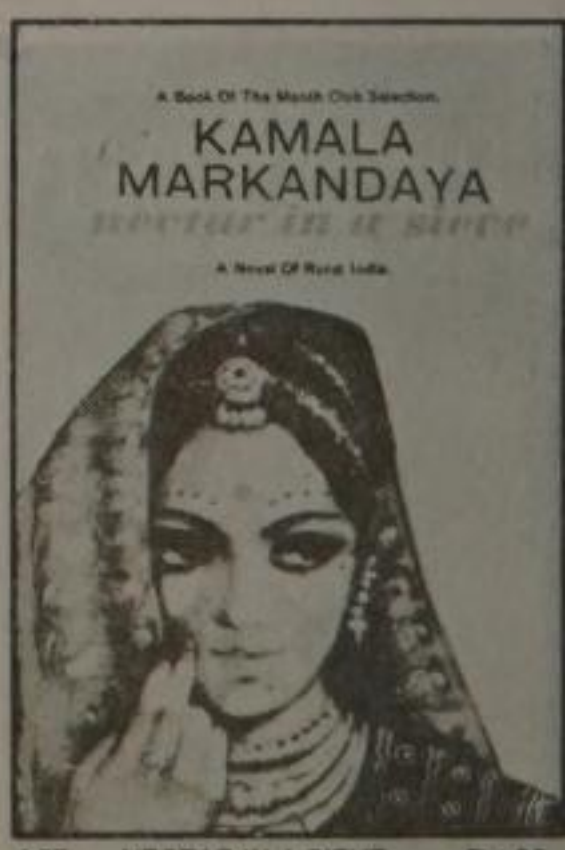

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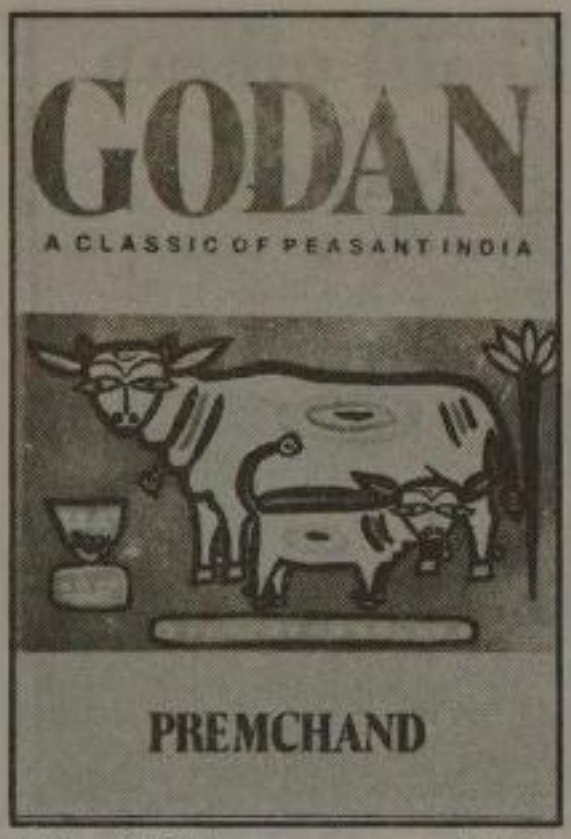

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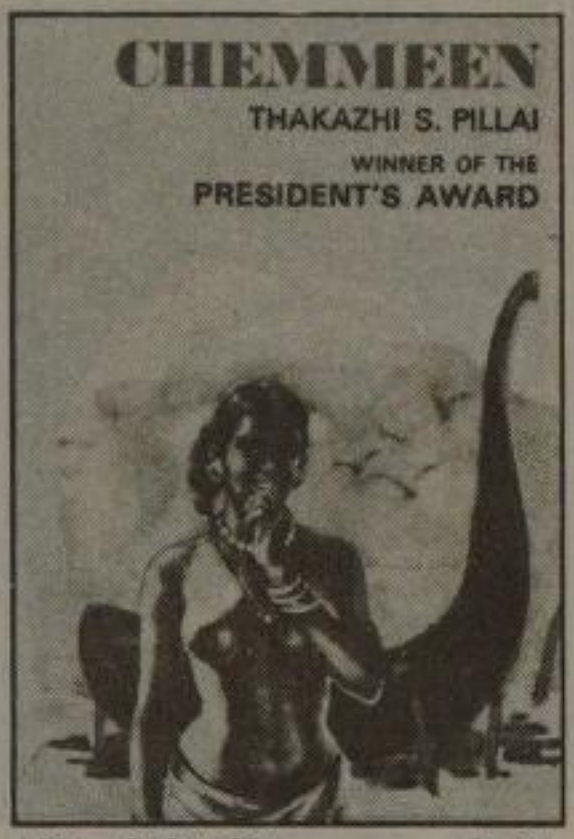

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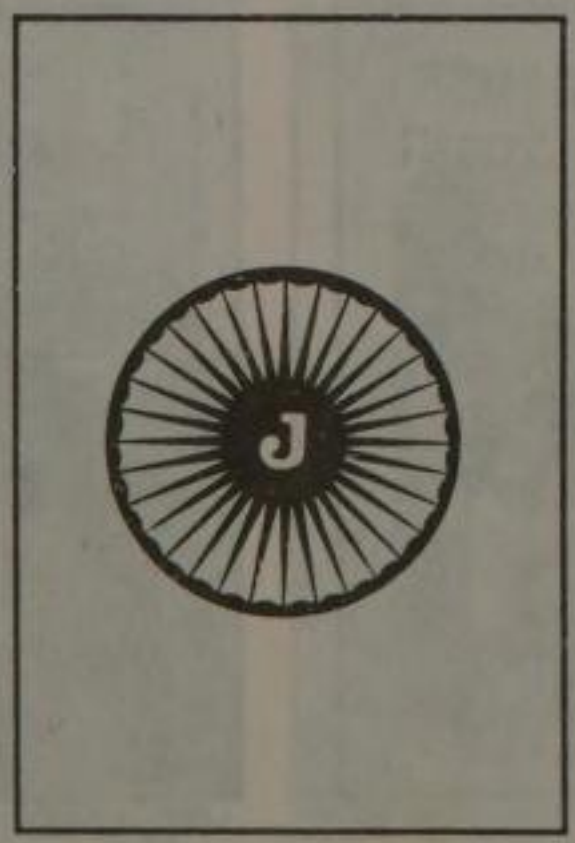

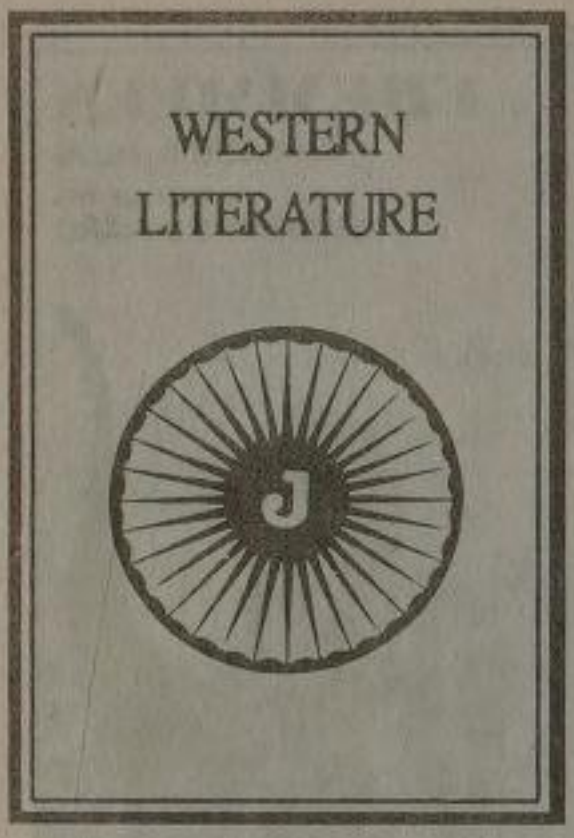

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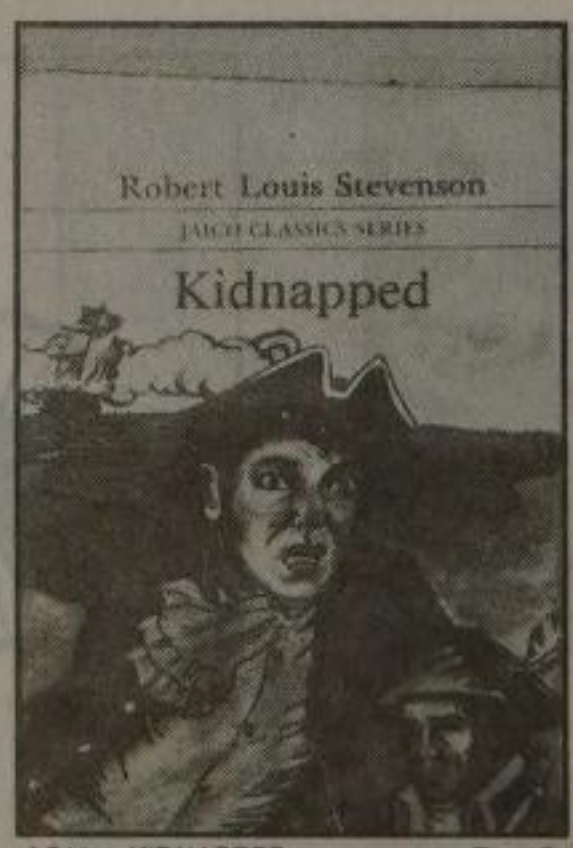

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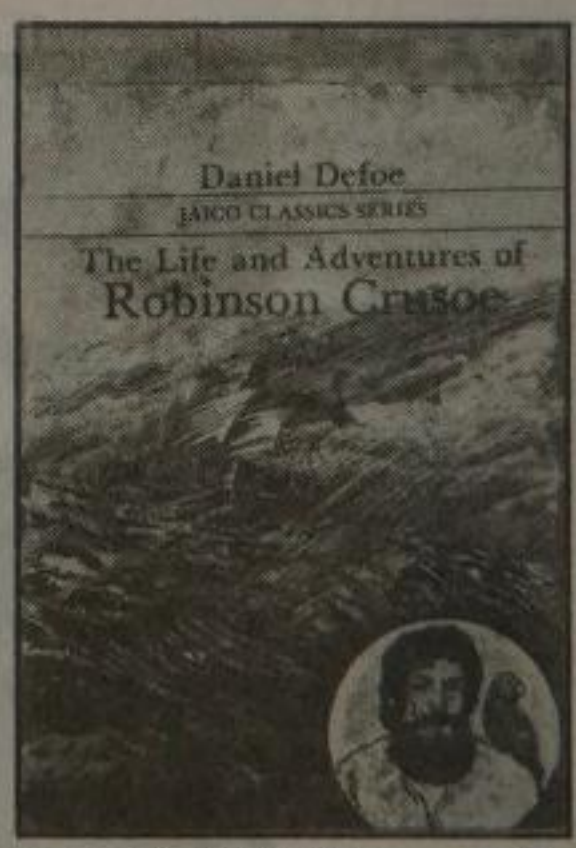

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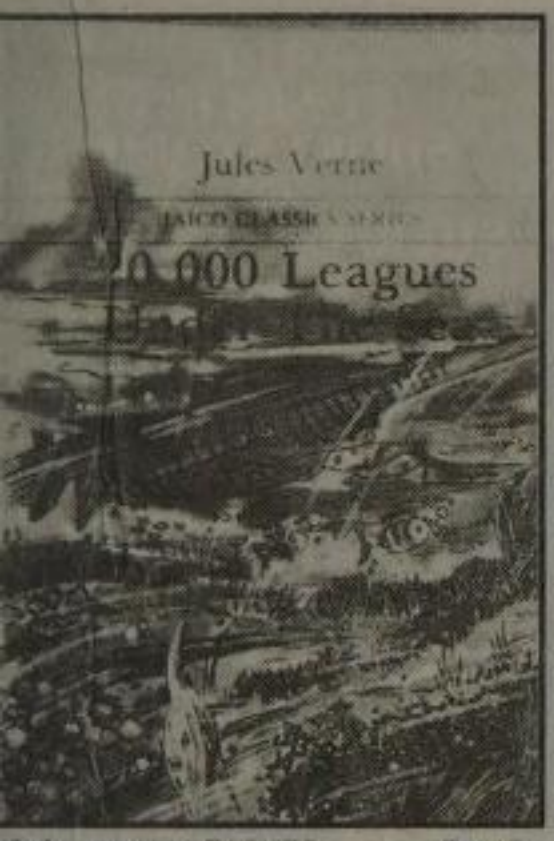

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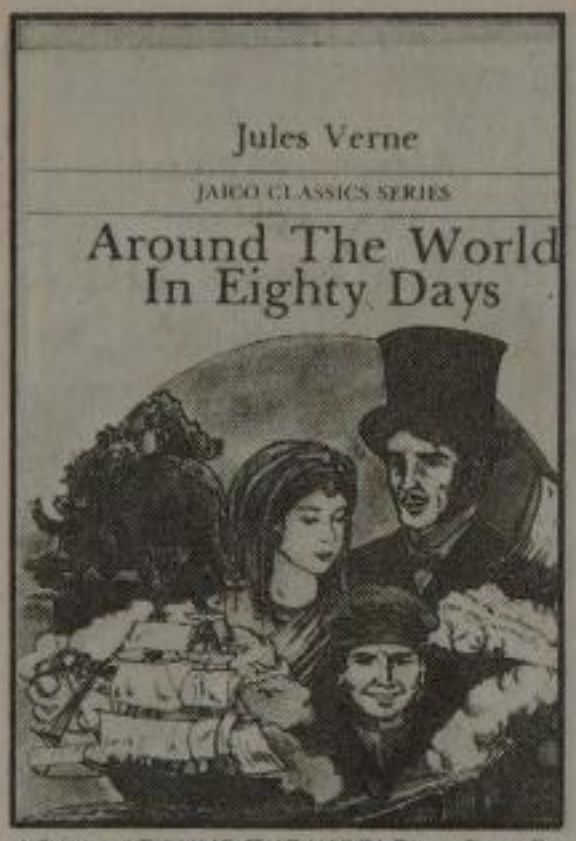

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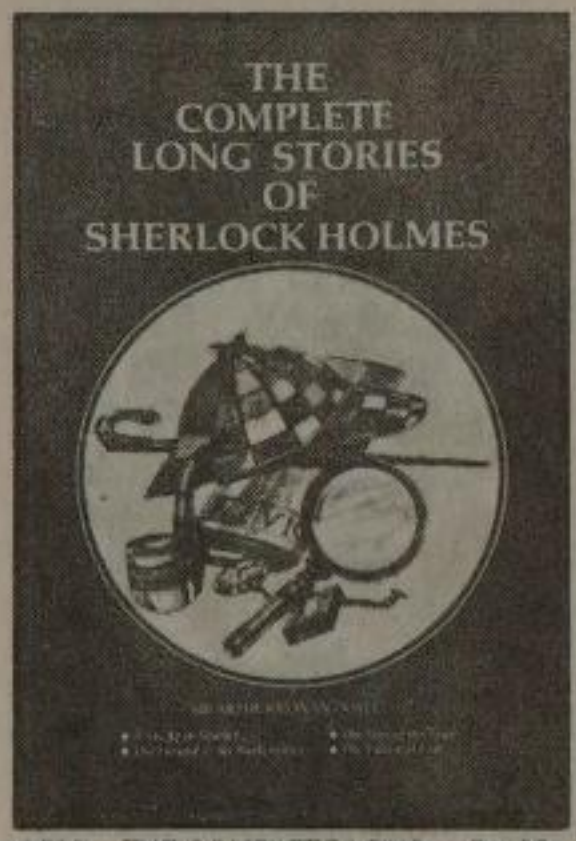
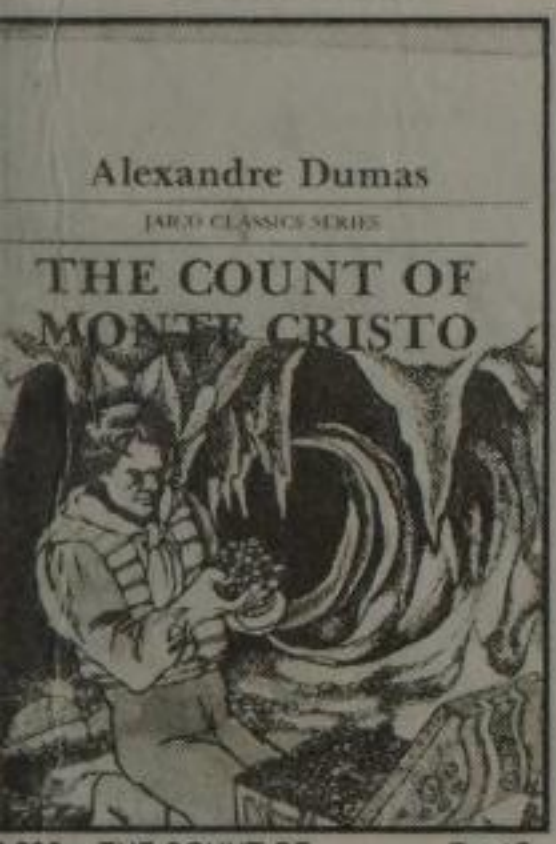
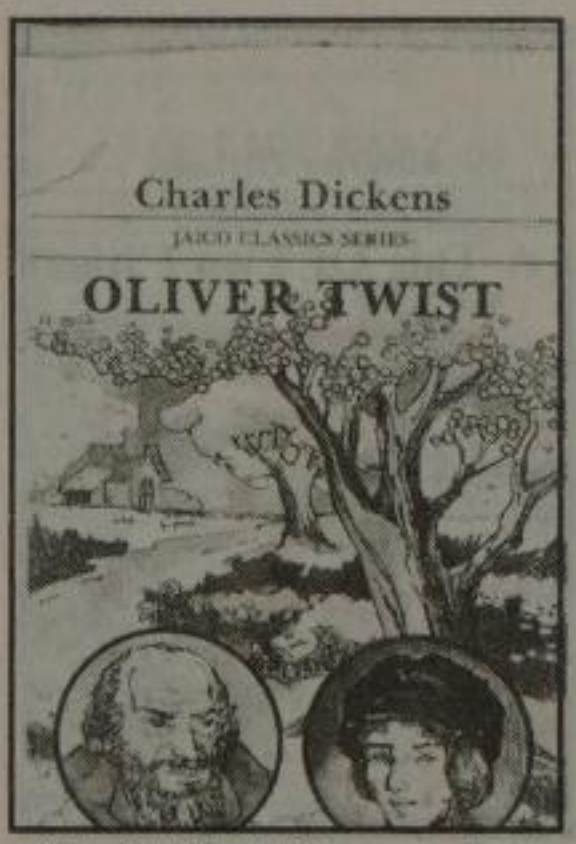


J-520 THE COMPLETE LONG STORIES OF SHERLOCK HOLMES Rs. 65



J-522 THE COUNT OF MONTE CRISTO Rs. 15

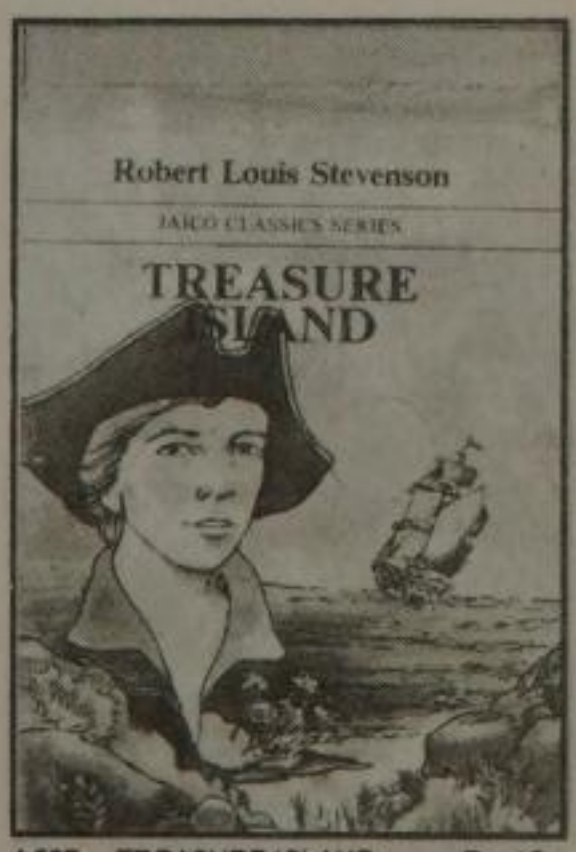


J-523 OLIVER TWIST Rs. 15

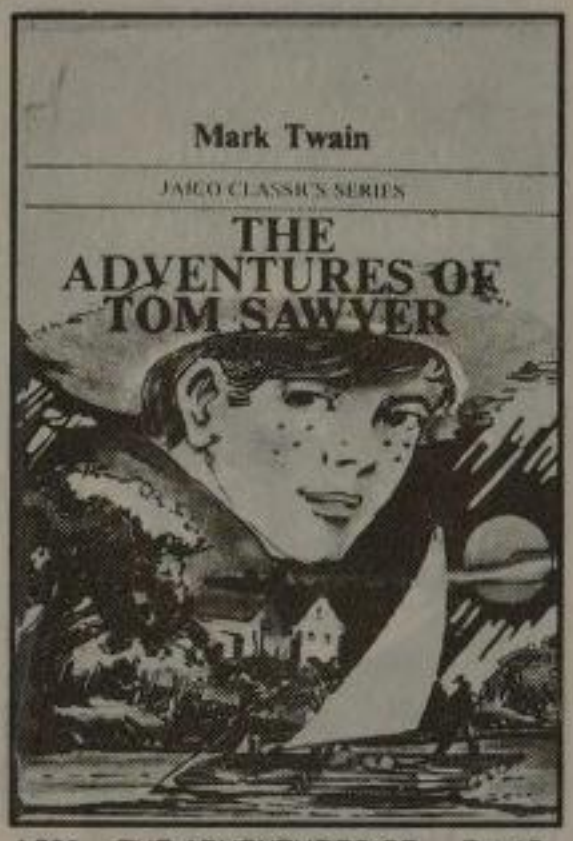
J-524 THE ADVENTURES OF SHERLOCK HOLMES Rs. 15

J-525 THE STRANGE CASE OF DR. JEKYLL & MR. HYDE Rs. 15

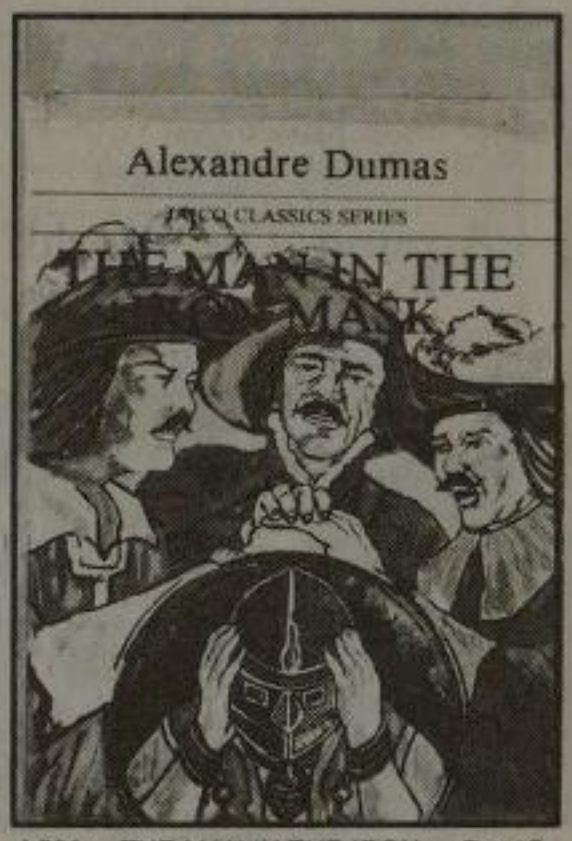
J-526 DAVID COPPERFIELD Rs. 15



J-527 TREASURE ISLAND Rs. 15



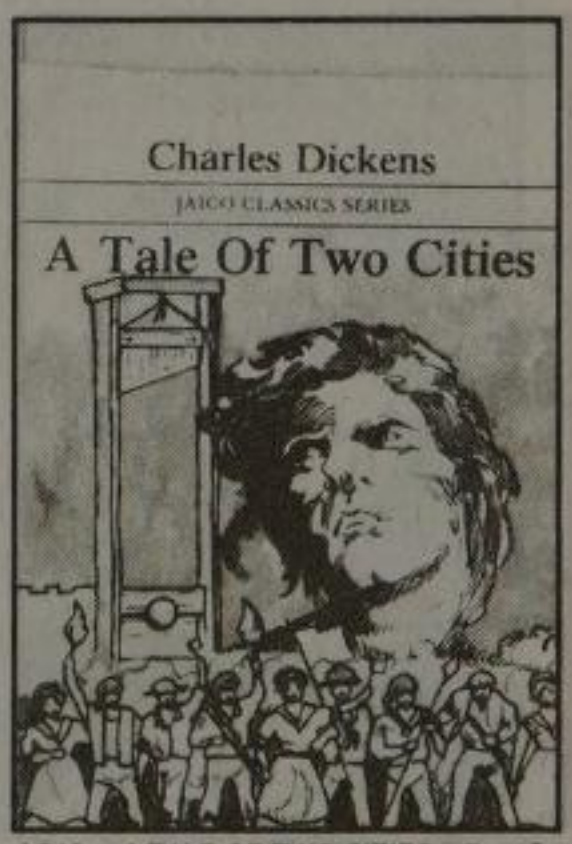
J-528 THE ADVENTURES OF TOM SAWYER **Rs. 15**



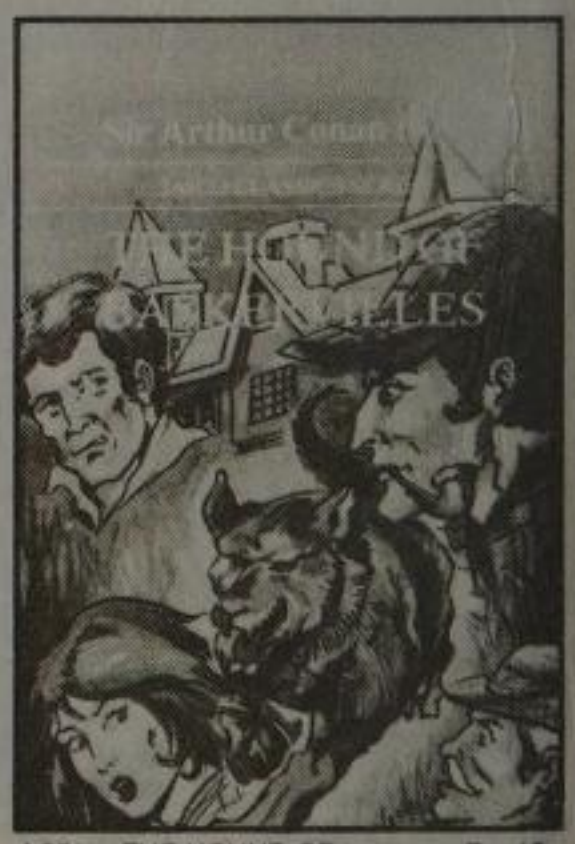
J-529 THE MAN IN THE IRON MASK **Rs. 15**

J-530 THE COMPLETE SHORT STORIES OF SHERLOCK HOLMES **Rs. 135**

J-544 LADY CHATTERLEY'S LOVER **Rs. 40**

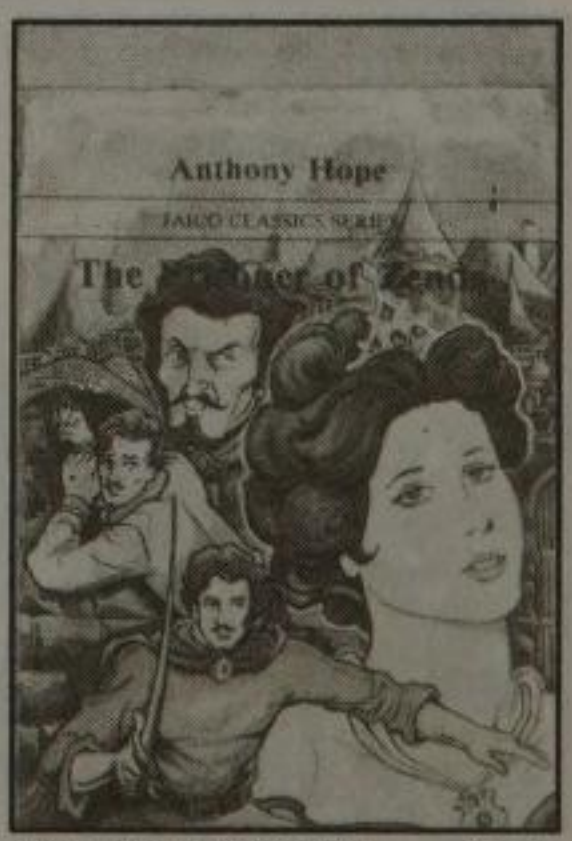


J-548 A TALE OF TWO CITIES **Rs. 15**

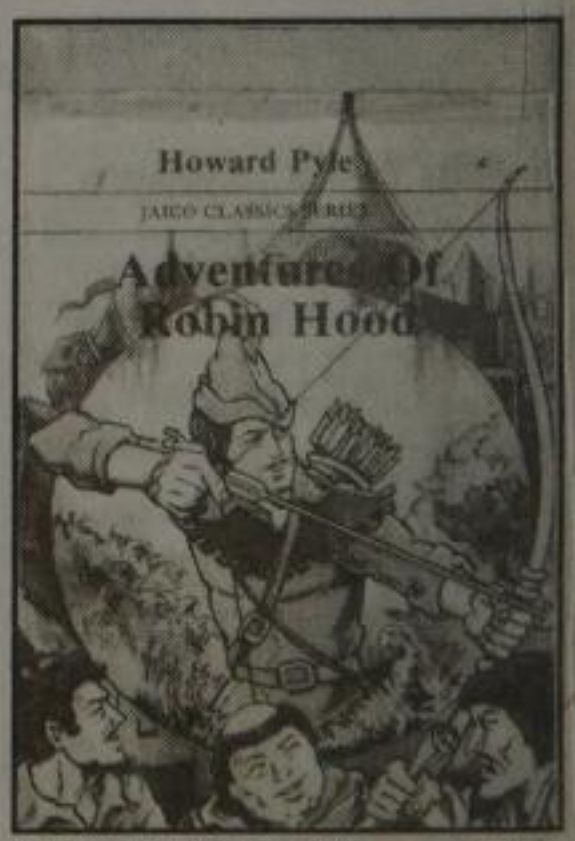


J-551 THE HOUND OF BASKERVILLES **Rs. 15**

J-568 THE HUNCHBACK OF NOTRE-DAME **Rs. 15**

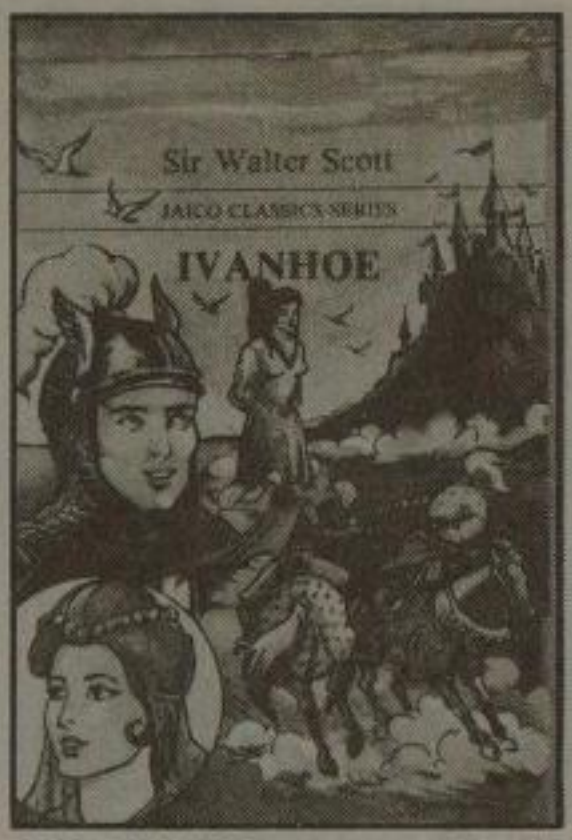


J-572 THE PRISONER OF ZENDA **Rs. 15**



J-573 ADVENTURES OF ROBIN HOOD **Rs. 15**

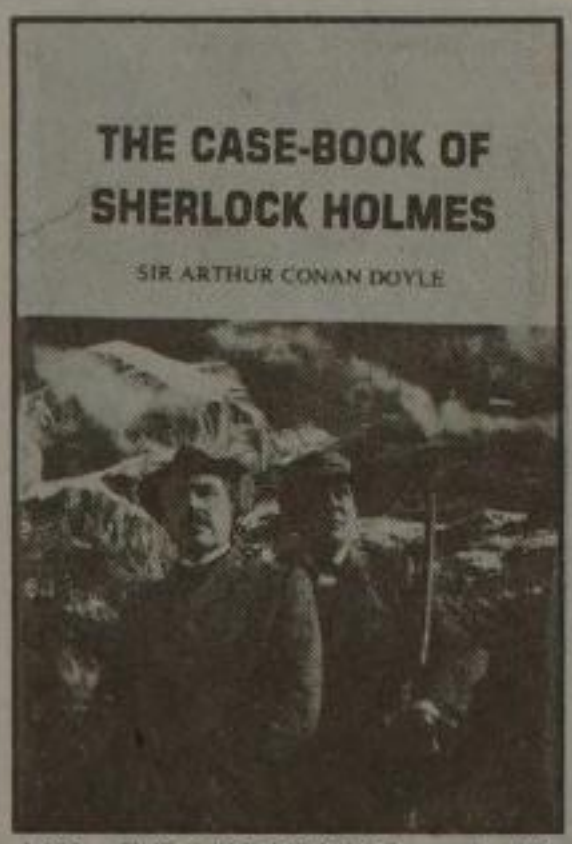
J-586 THE GREATEST WORKS OF KAHLIL GIBRAN Rs. 180



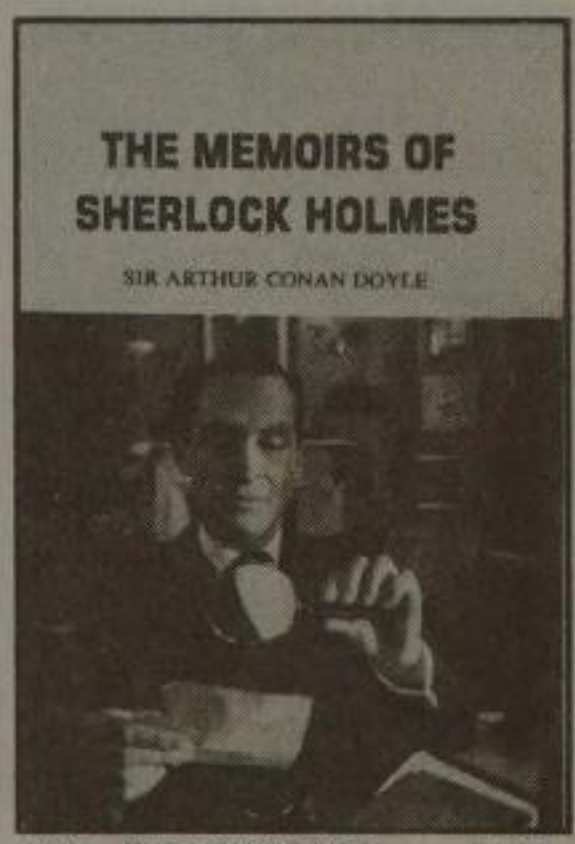
J-595 IVANHOE Rs. 15

J-598 THE WORLD'S GREATEST SHORT STORIES Rs. 130

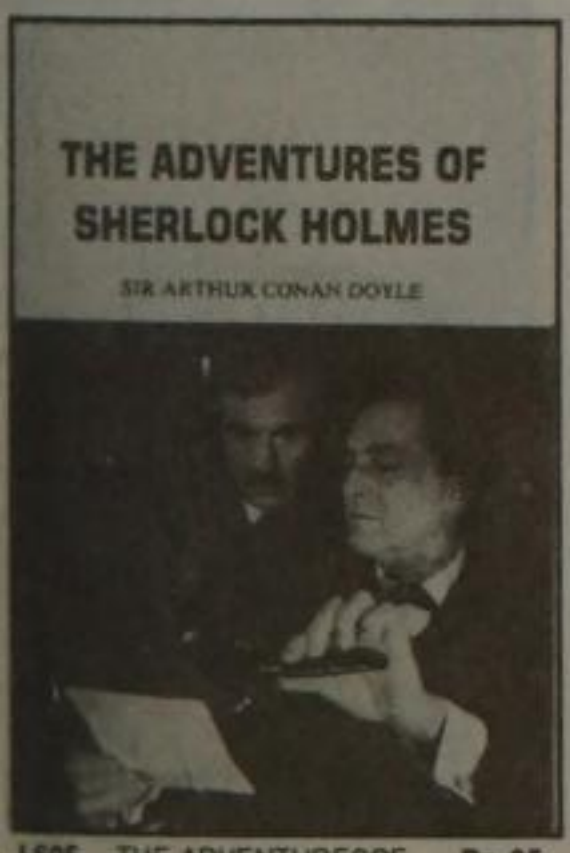
J-602 HIS LAST BOW Rs. 35



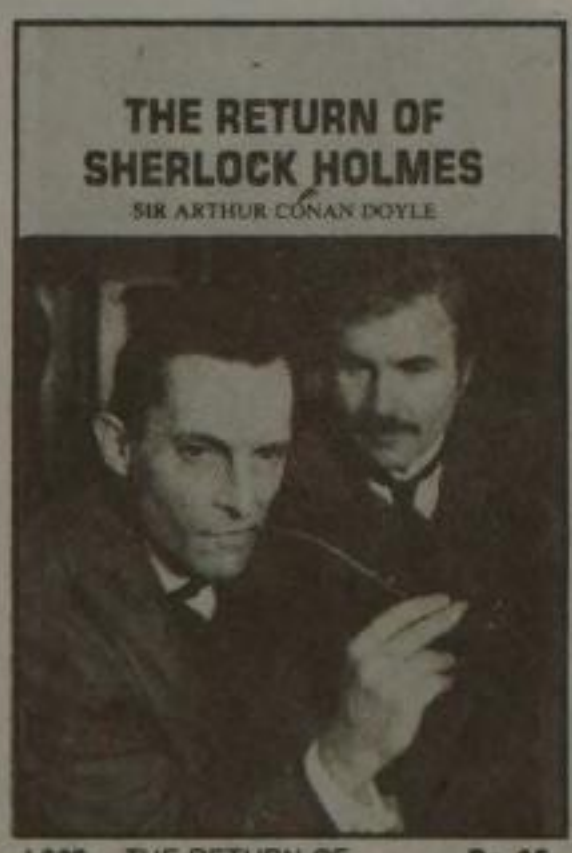
J-603 THE CASE-BOOK OF SHERLOCK HOLMES Rs. 35



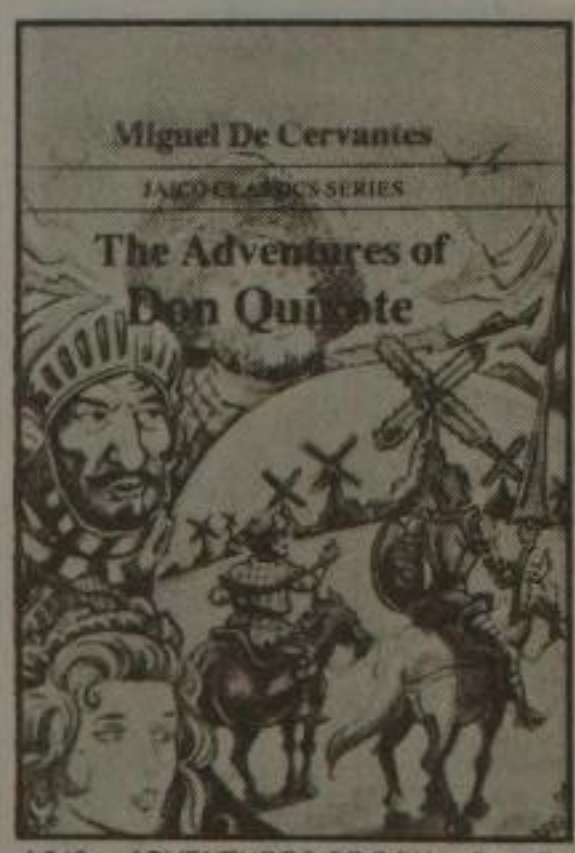
J-604 THE MEMOIRS OF SHERLOCK HOLMES Rs. 35



J-605 THE ADVENTURESOF SHERLOCK HOLMES Rs. 35

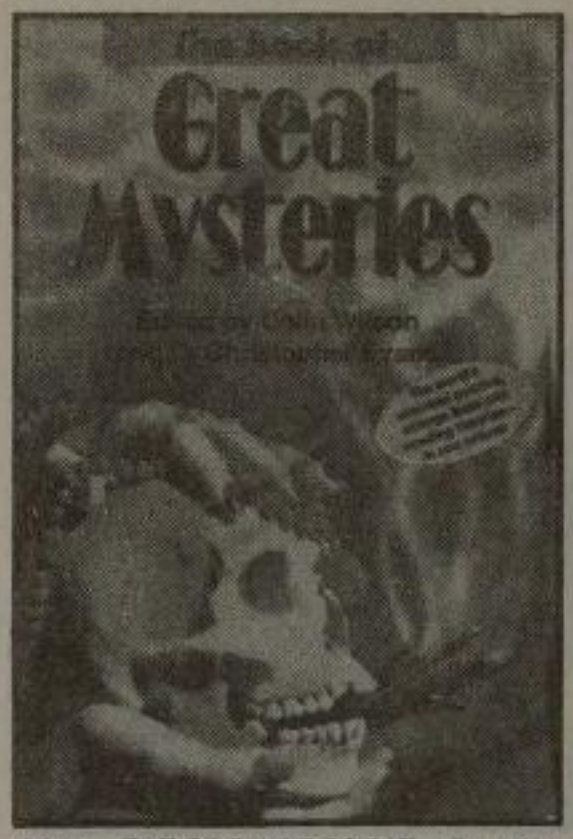


J-606 THE RETURN OF SHERLOCK HOLMES Rs. 35



J-616 ADVENTURES OF DON QUIXOTE Rs. 15

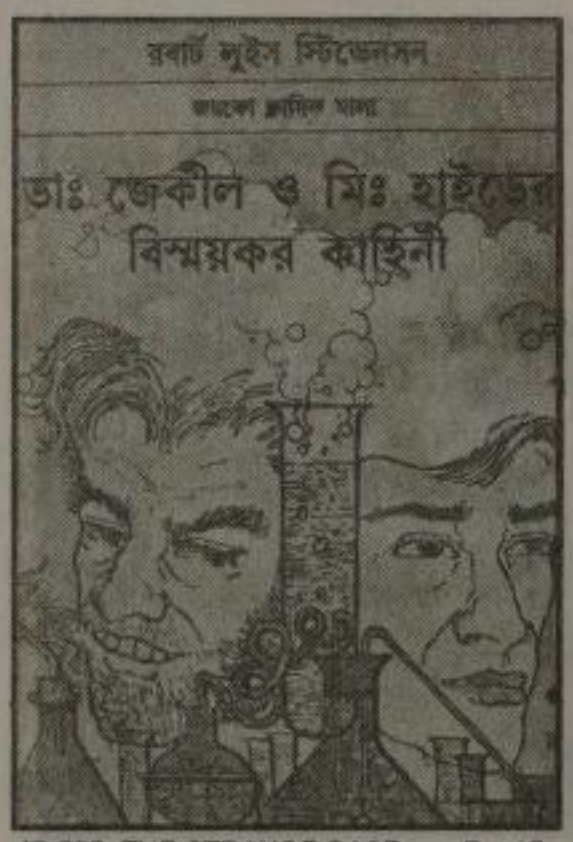
J-639 THE INVISIBLE MAN -Rs. 15



J-644 THE BOOK OF GREAT MYSTERIES Rs. 150

J-694 THE WORLD'S GREATEST LOVE STORIES Rs. 175

JB-522 THE COUNT OF MONTE CRISTO (BENGALI) Rs. 15

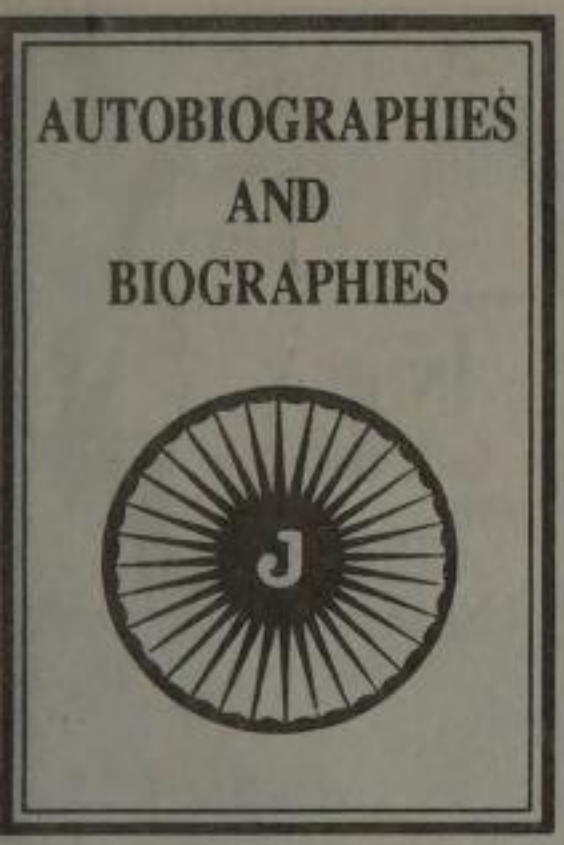


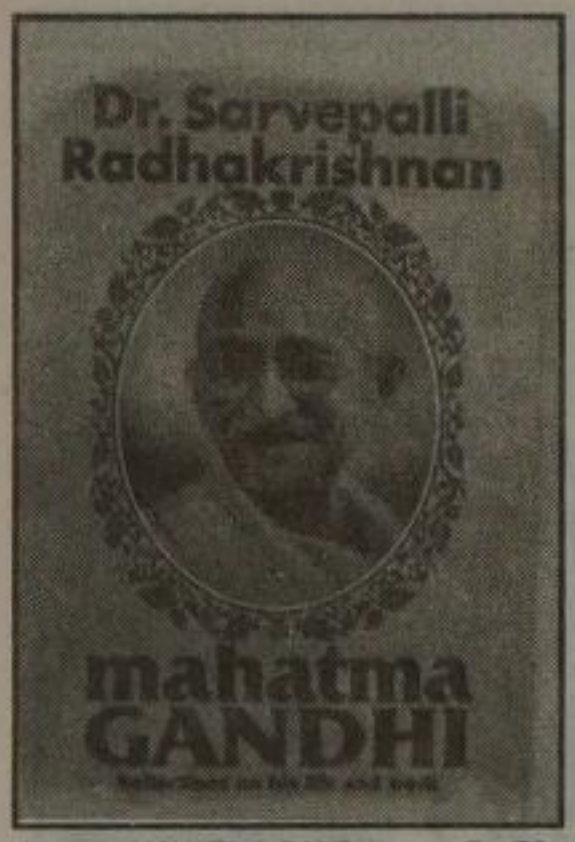
JB-525 THE STRANGE CASE OF DR. JEKYLL & MR. HYDE (BENGALI) Rs. 15

JB-548 A TALE OF TWO CITIES (BENGALI) Rs. 15

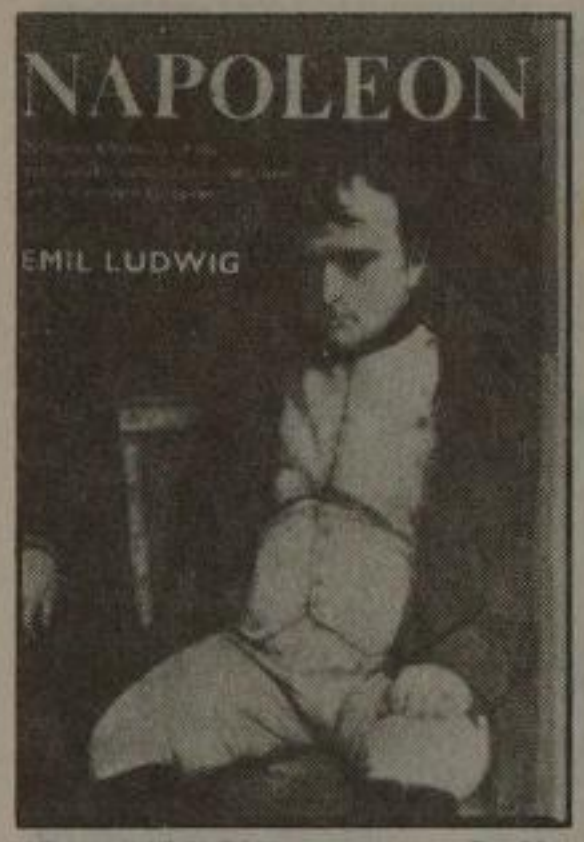
JB-573 ADVENTURES OF ROBINHOOD (BENGALI) Rs. 15

JB-616 ADVENTURES OF DON QUIXOTE (BENGALI) Rs. 15

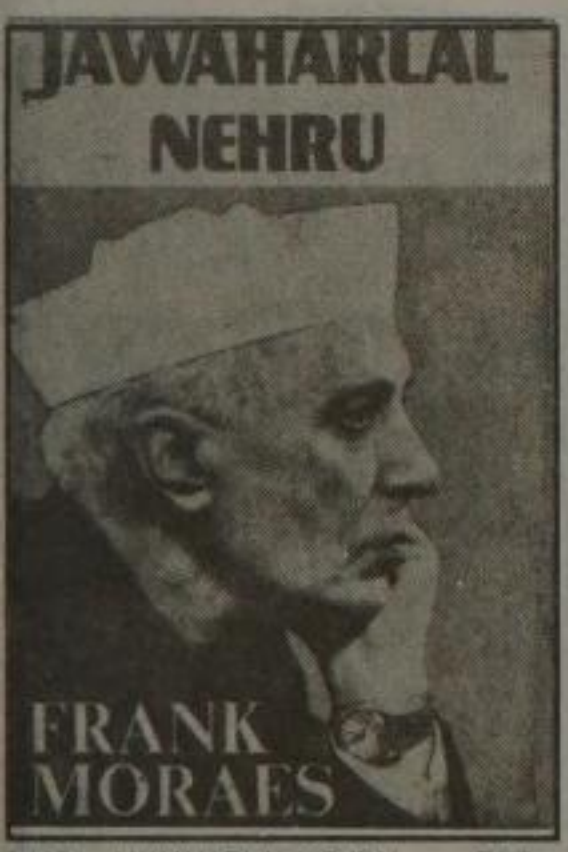




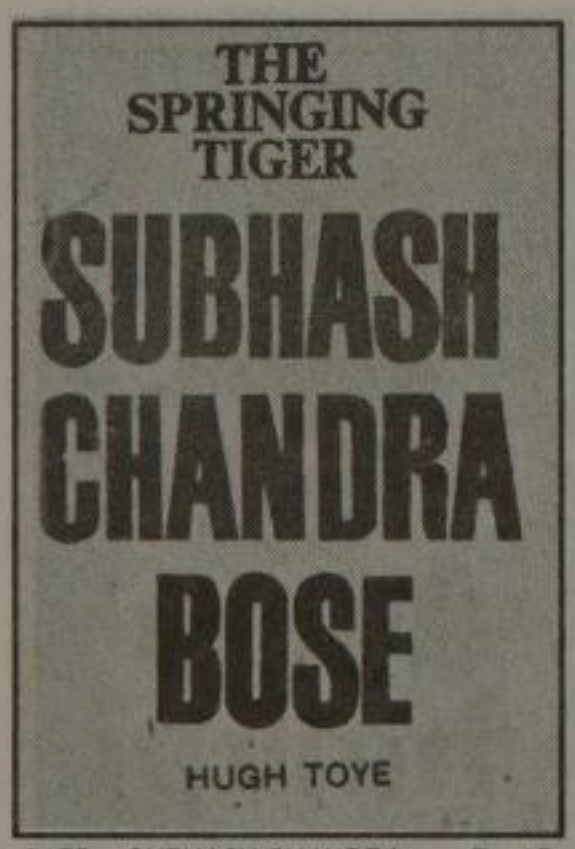
J-41 MAHATMA GANDHI (ESSAYS & REFLECTIONS) Rs. 75



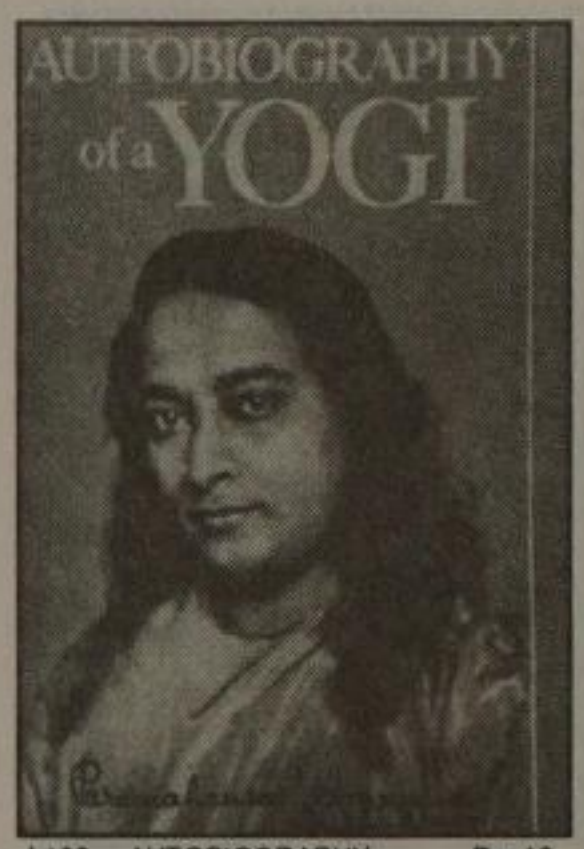
J-71 NAPOLEON Rs. 80



J-142 JAWAHARLAL NEHRU TOP



J-175 SUBHASH CHANDRA BOSE Rs. 45



J-196 AUTOBIOGRAPHY OF A YOGI (ENGLISH) Rs. 46

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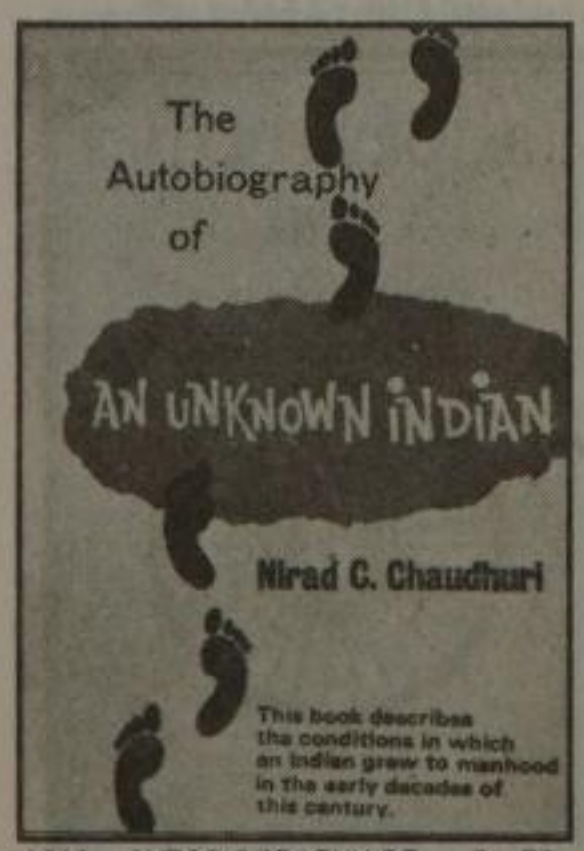
JT-196 YOGI ATMAKATHA (TELGU) Rs. 65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Autobiography
of
AN UNKNOWN INDIAN
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This book describes the conditions in which an Indian grew to manhood in the early decades of this century.

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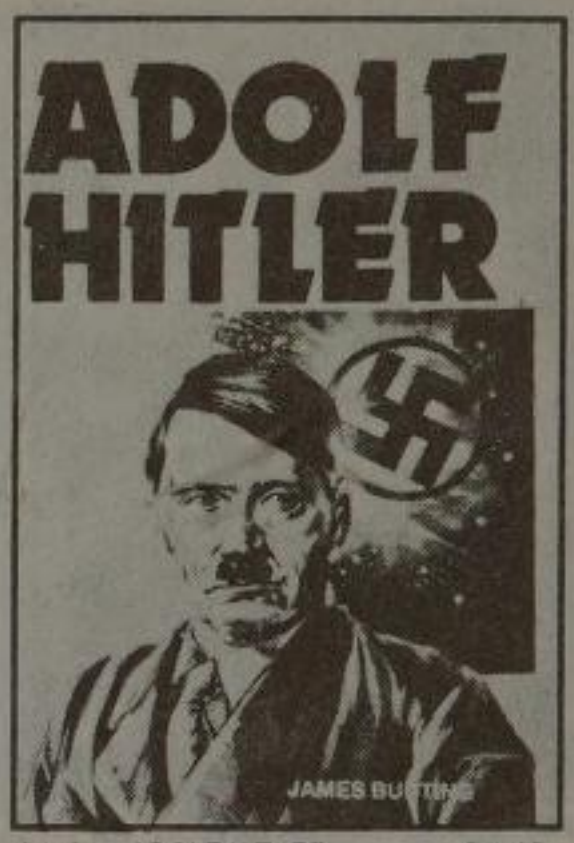
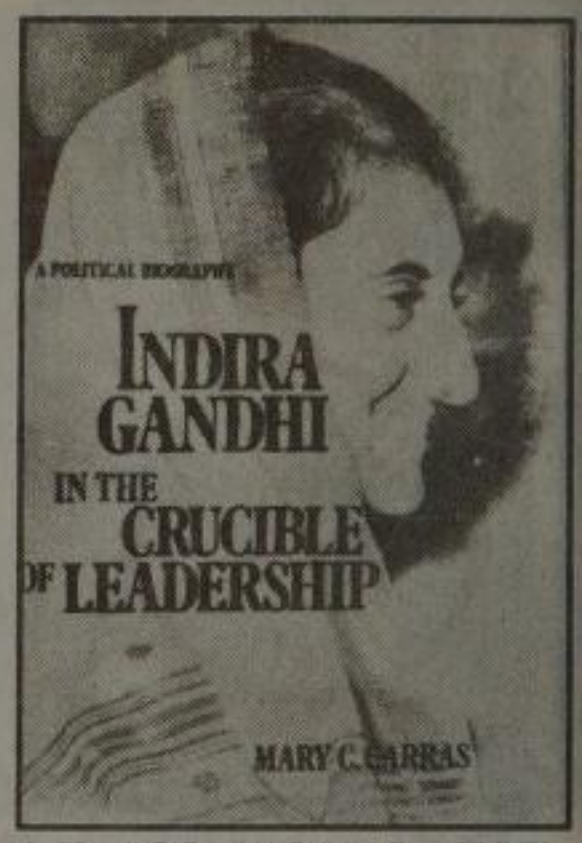
J-316 A TAGORE TESTAMENT **Rs. 30**



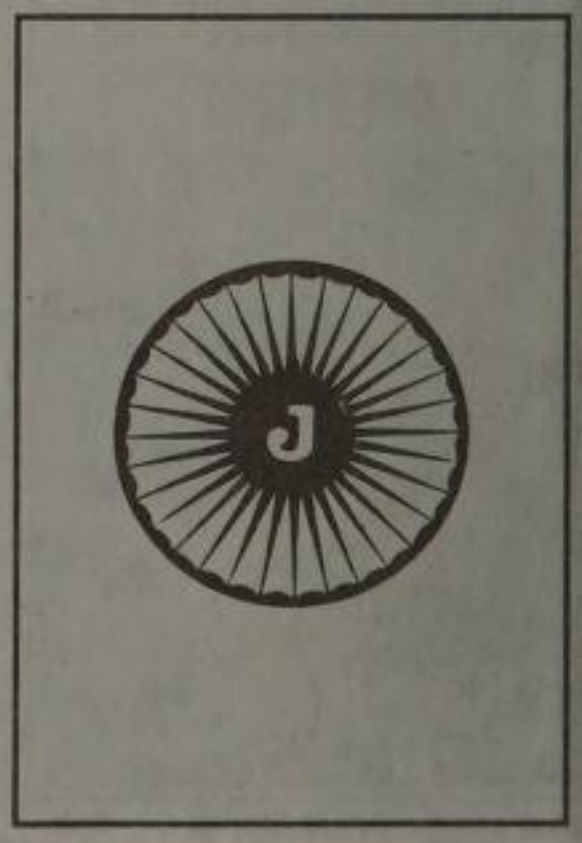
J-412 ADOLF HITLER **Rs. 35**

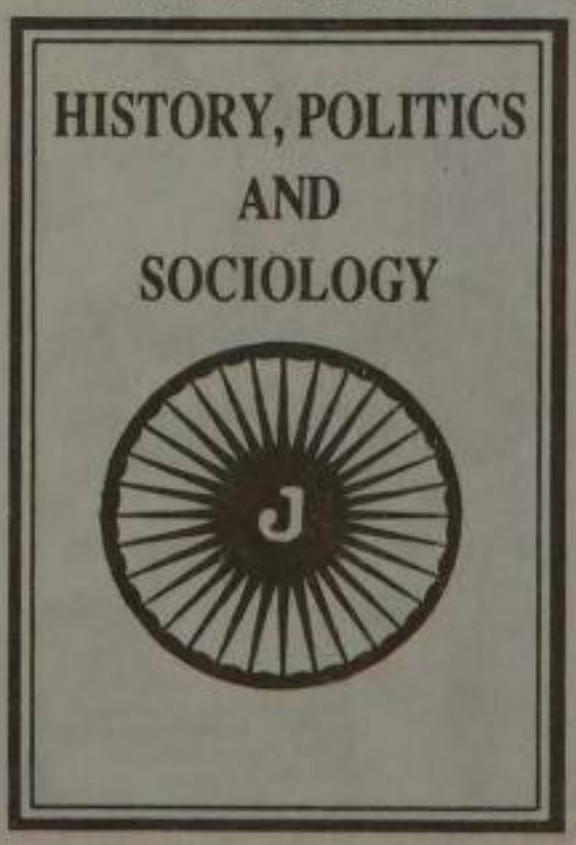


J-475 INDIRA GANDHI IN THE CRUCIBLE OF LEADERSHIP **Rs. 175 (HB) Rs. 15 (HB).**

J-510 MEJDA: SRI PARAMAHANSA YOGANANDA - HIS FAMILY & EARLY LIFE **Rs. 40**

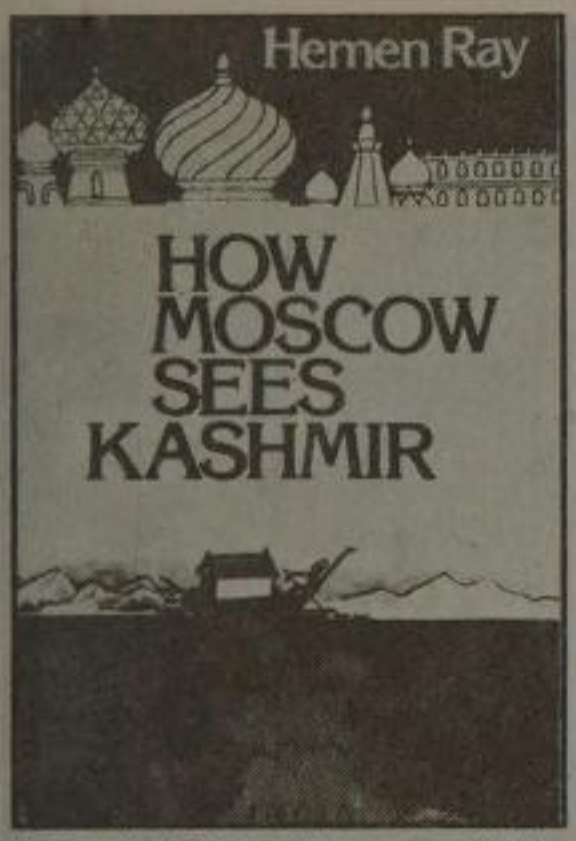
J-541 MEIN KAMPF **Rs. 125**



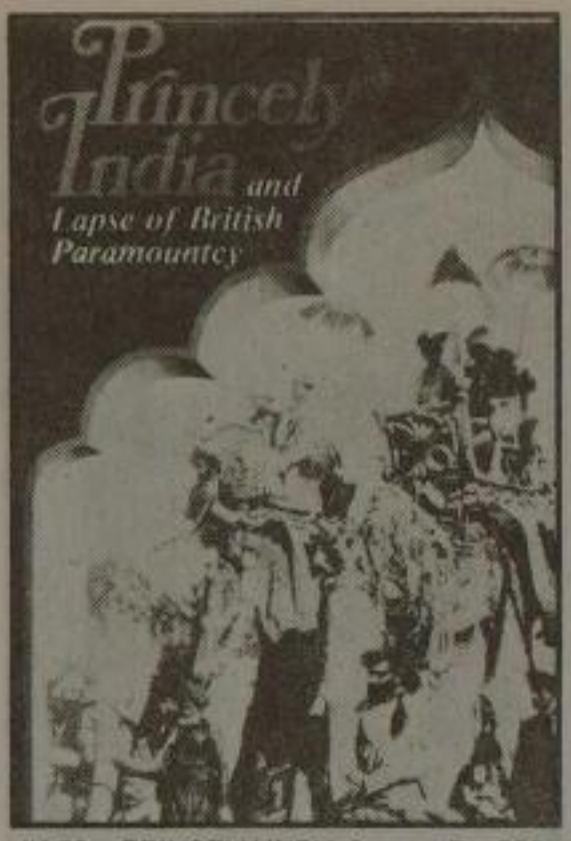


J-247 THE CONTINENT OF CIRCE **Rs. 60**

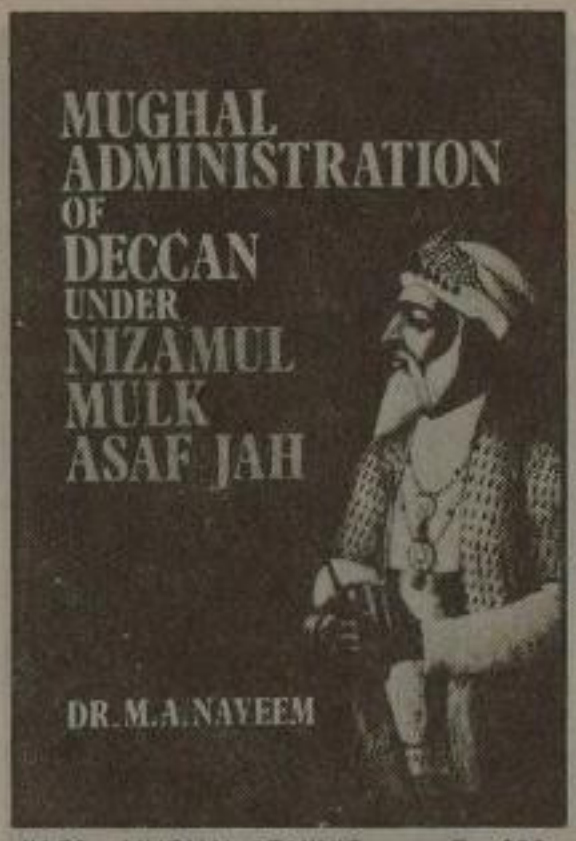
J-464 WAR OF THE SPRINGING TIGERS **Rs. 20**



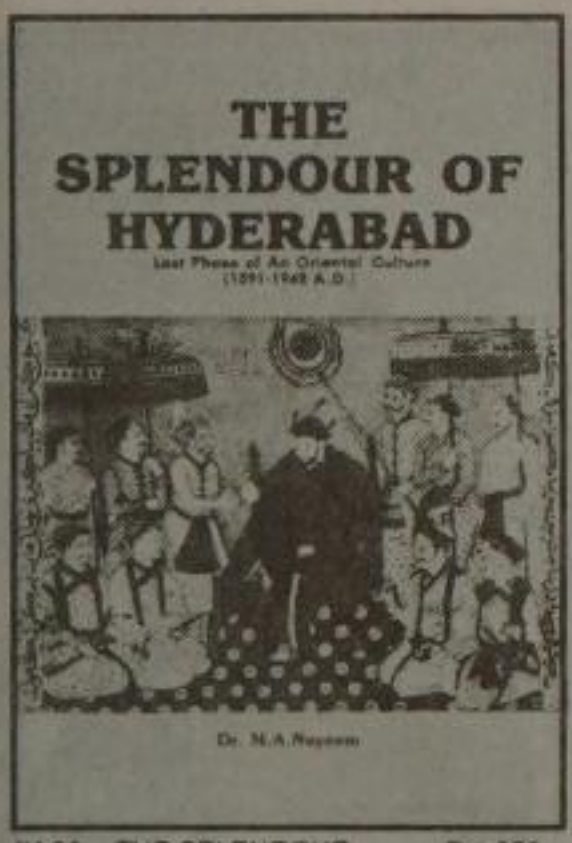
JH-38 HOW MOSCOW SEES KASHMIR Rs. 40(PB) Rs. 125(HB)



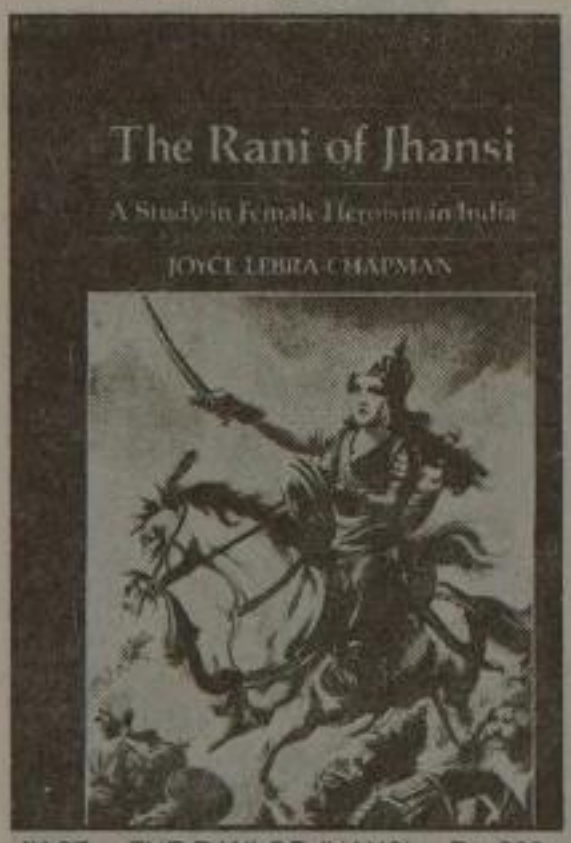
JH-58 PRINCELY INDIA & LAPSE OF BRITISH PARAMOUNTCY Rs. 220



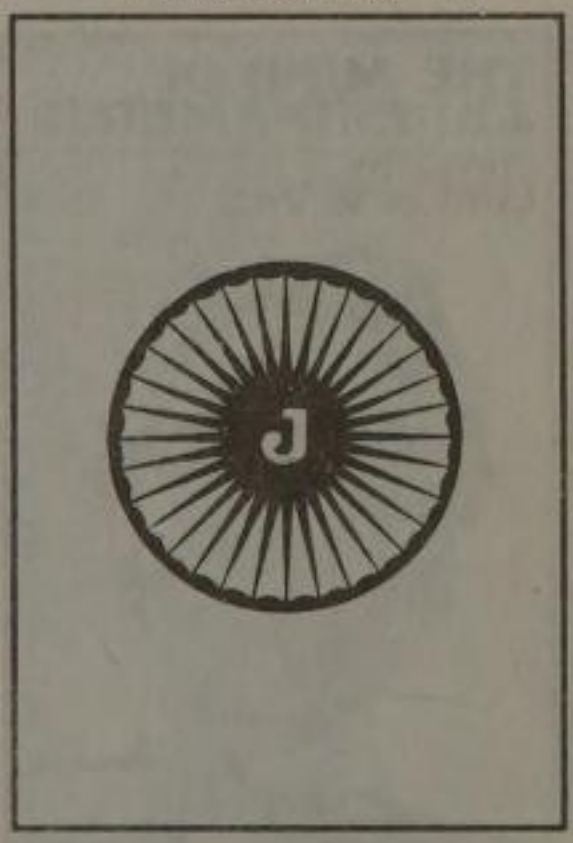
JH-59 MUGHAL ADMINISTRATION OF DECCAN UNDER NIZAMUL MULK ASAF JAH Rs. 300

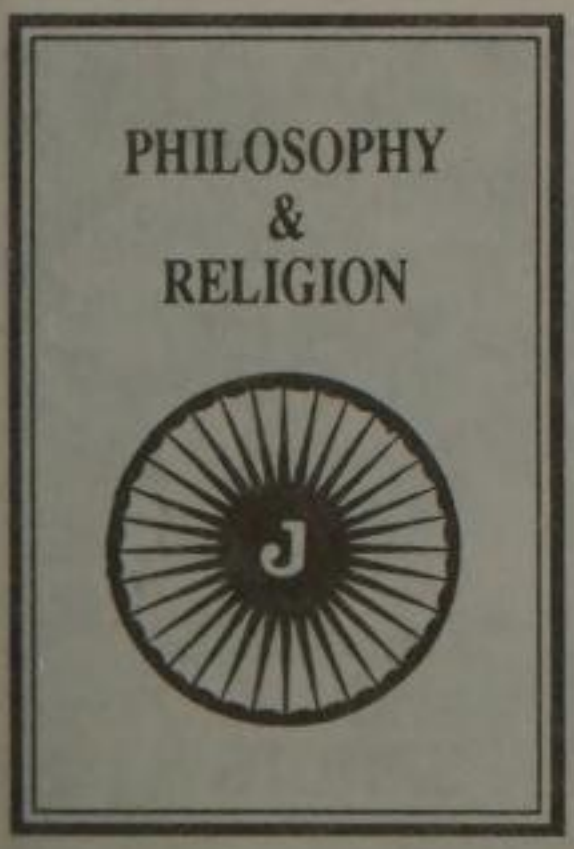


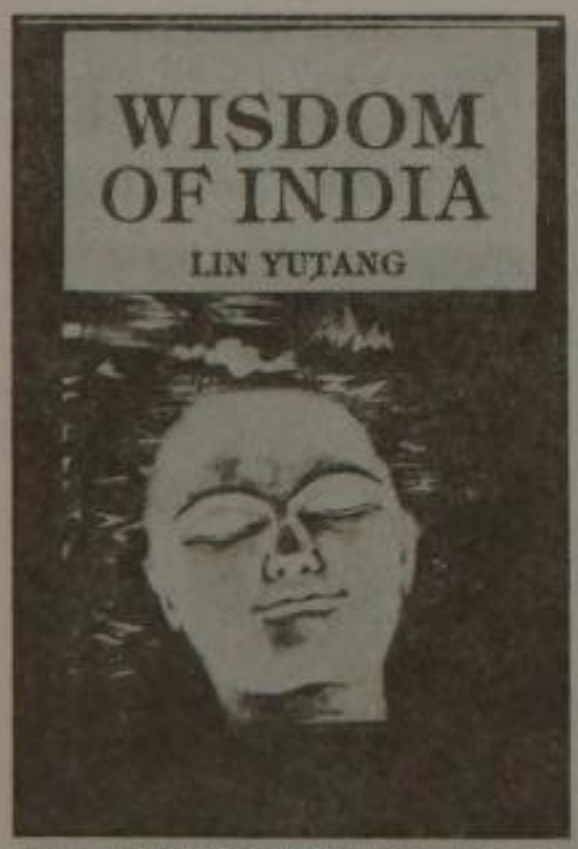
JH-60 THE SPLENDOUR OF HYDERABAD Rs. 650



JH-67 THE RANI OF JHANSI Rs. 200

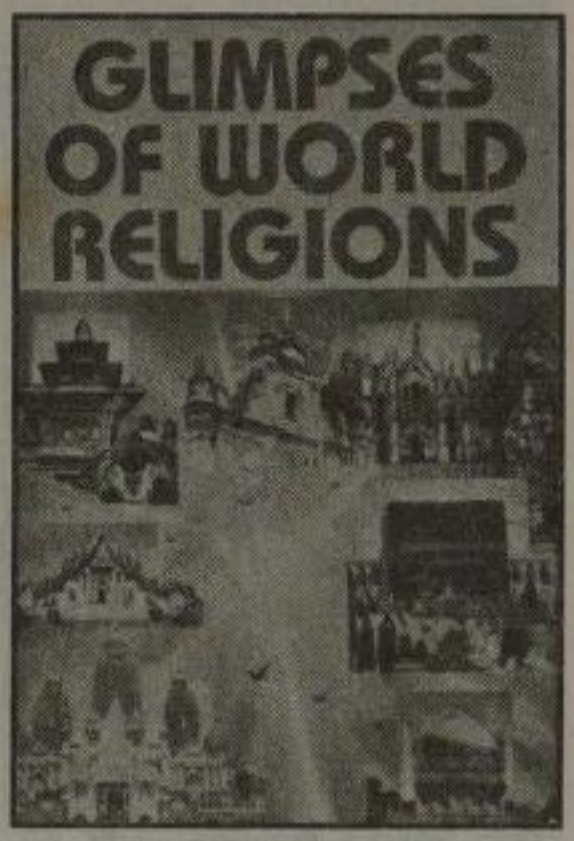




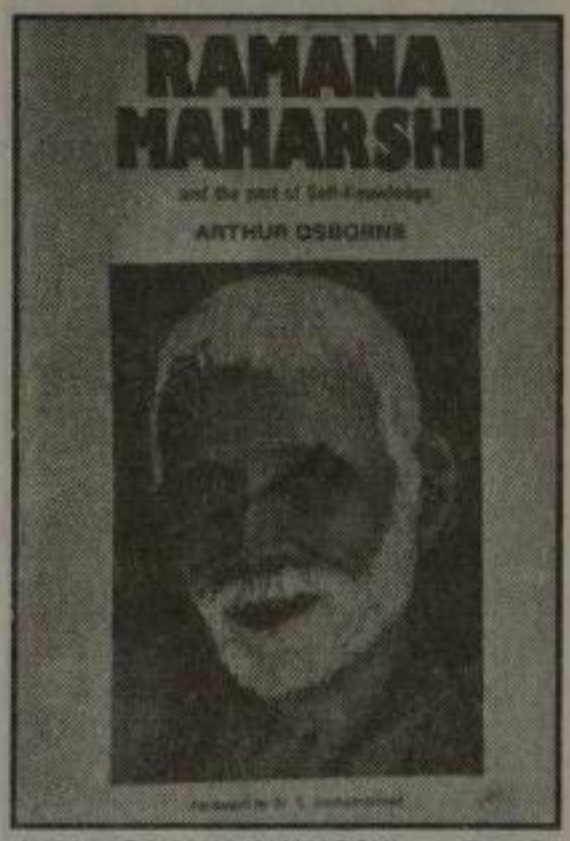


J-33 THE WISDOM OF INDIA Rs. 75

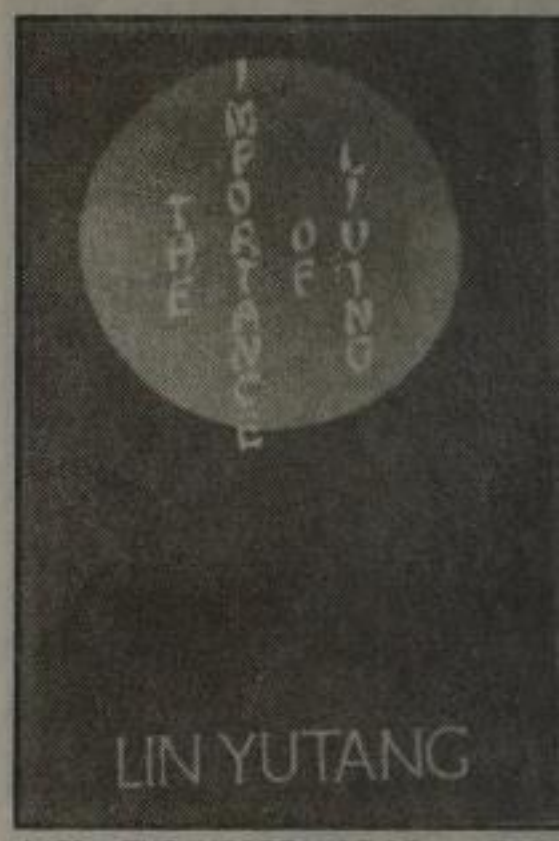
J-64 THE SONG CELESTIAL BHAGAVAD GITA Rs. 35



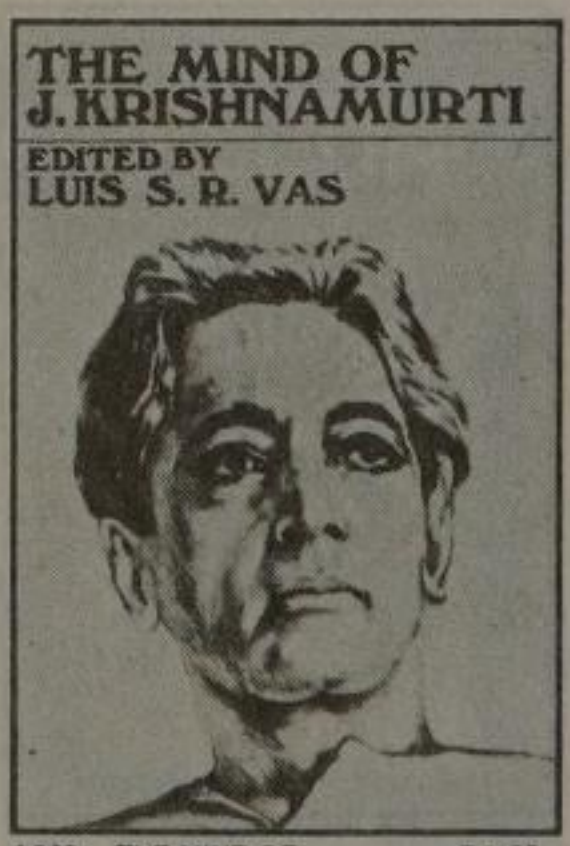
J-124 GLIMPSES OF WORLD RELIGIONS Rs. 55



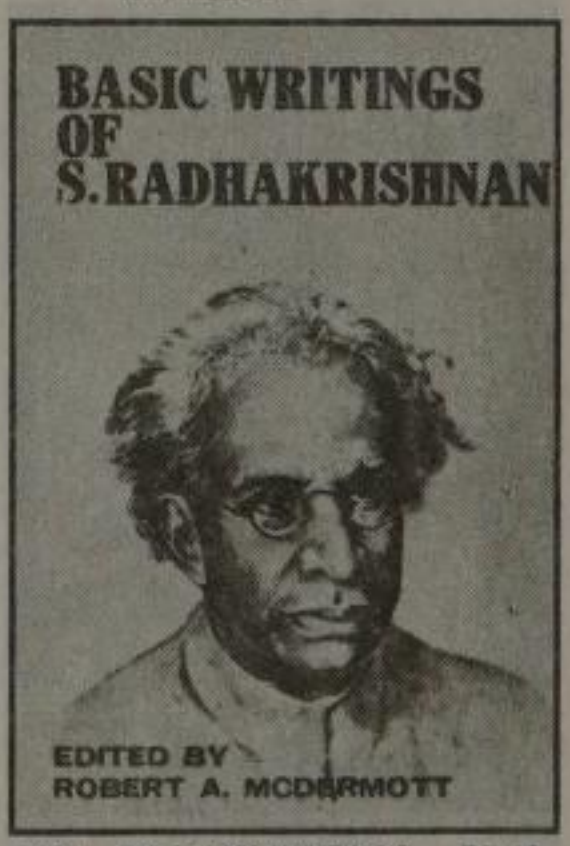
J-126 RAMANA MAHARSHI THE PATH OF SELF-KNOWLEDGE Rs. 45



J-176 THE IMPORTANCE OF LIVING TOP



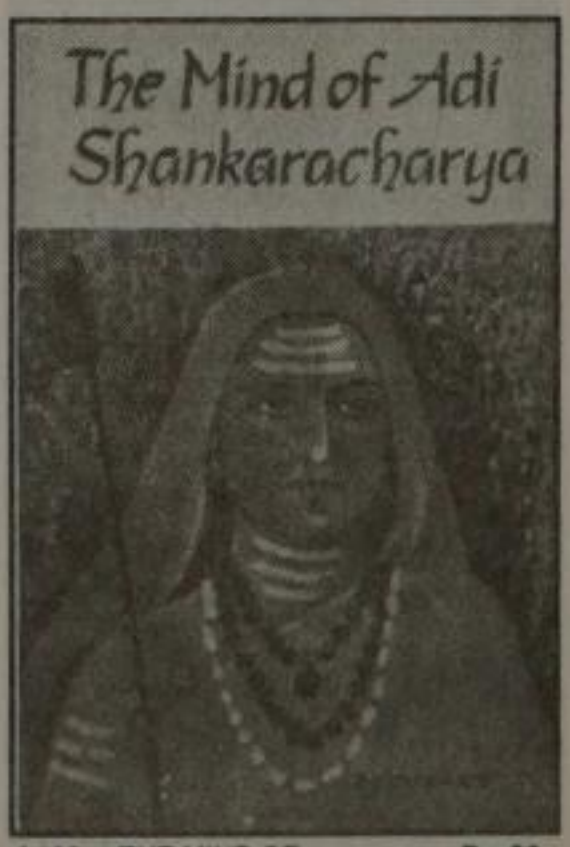
J-363 THE MIND OF J.KRISHNAMURTI Rs. 55



J-384 THE BASIC WRITINGS OF S. RADHAKRISHNAN Rs. 40

J-411 THE MIND OF SWAMI VIVEKANANDA Rs. 35

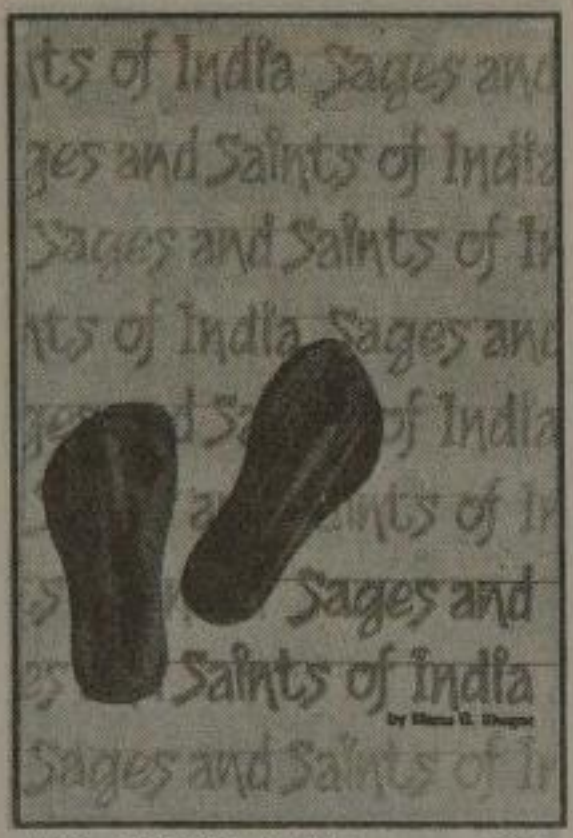
J-429 BEGONE GODMEN Rs. 35



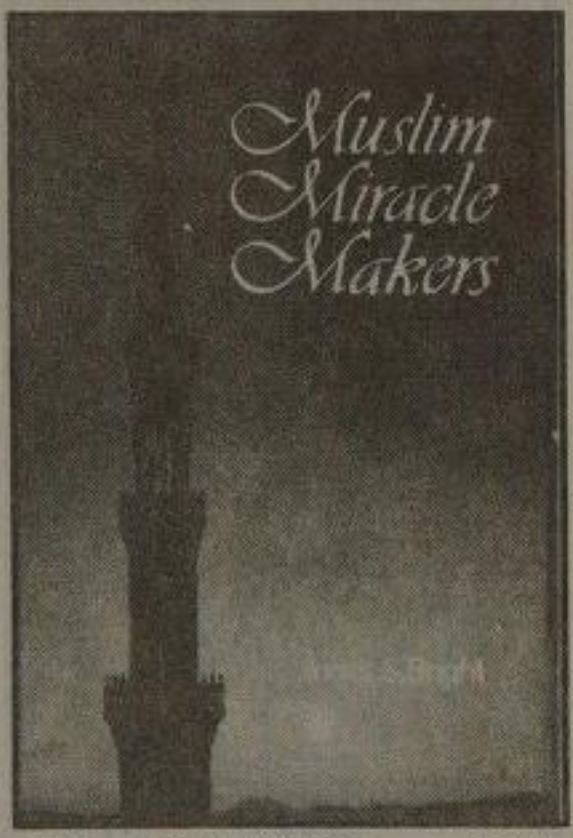
J-430 THE MIND OF ADI SHAKARACHARYA Rs. 30

J-452 GODS, DEMONS & SPIRITS Rs. 40

J-482 KRISHNA: MYTH OR REALITY Rs. 12

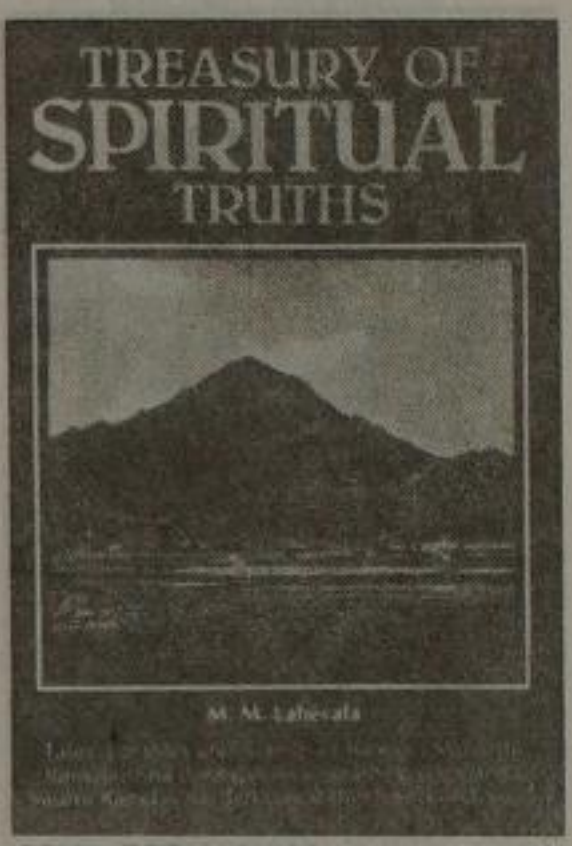


J-488 SAGES & SAINTS OF INDIA TOP

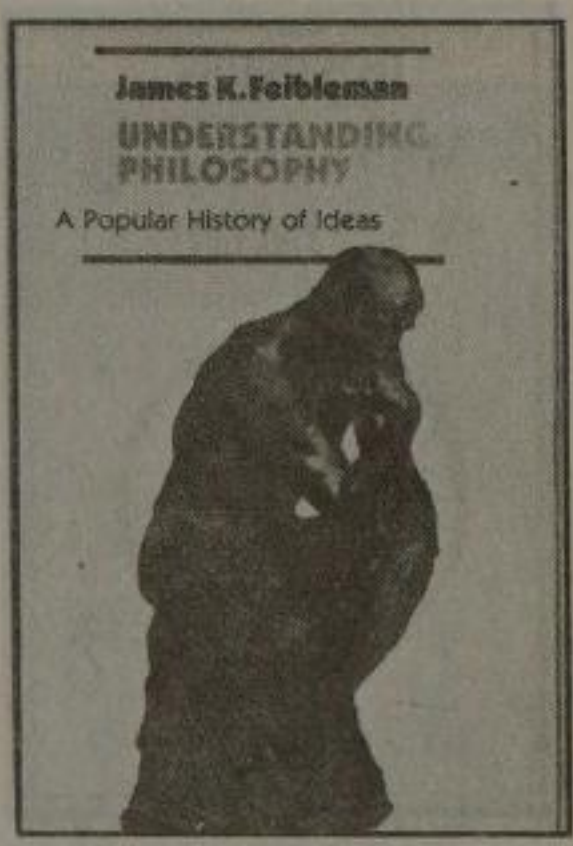


J-495 MUSLIM MIRACLE MAKERS Rs. 20

J-506 THE BHAGAVATAM TOP

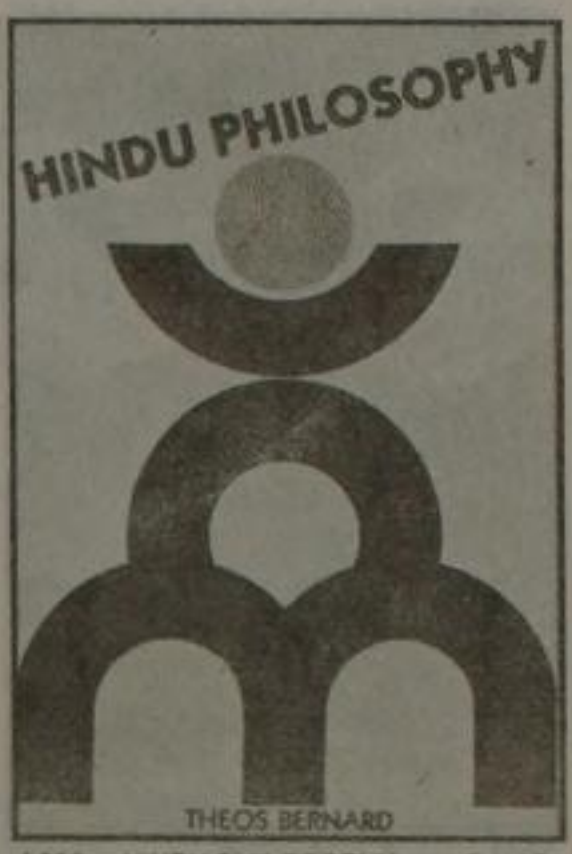


J-509 TREASURY OF SPIRITUAL TRUTHS Rs. 20

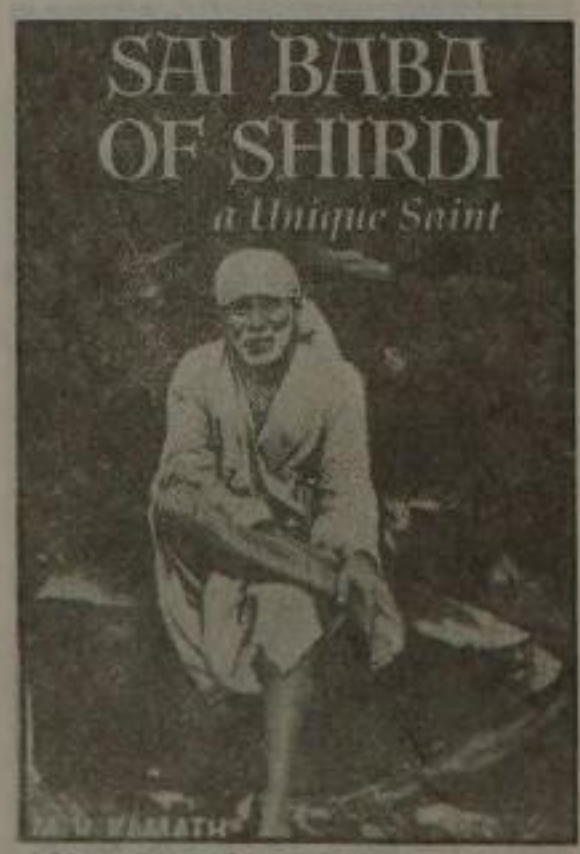


J-557 UNDERSTANDING PHILOSOPHY Rs. 45

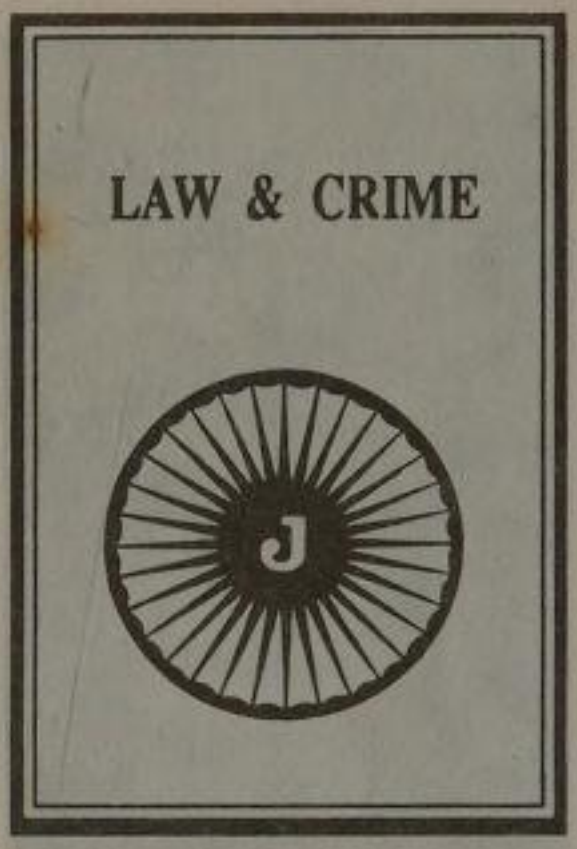
J-574 KRISHNA : THE MAN & HIS PHILOSOPHY Rs. 140

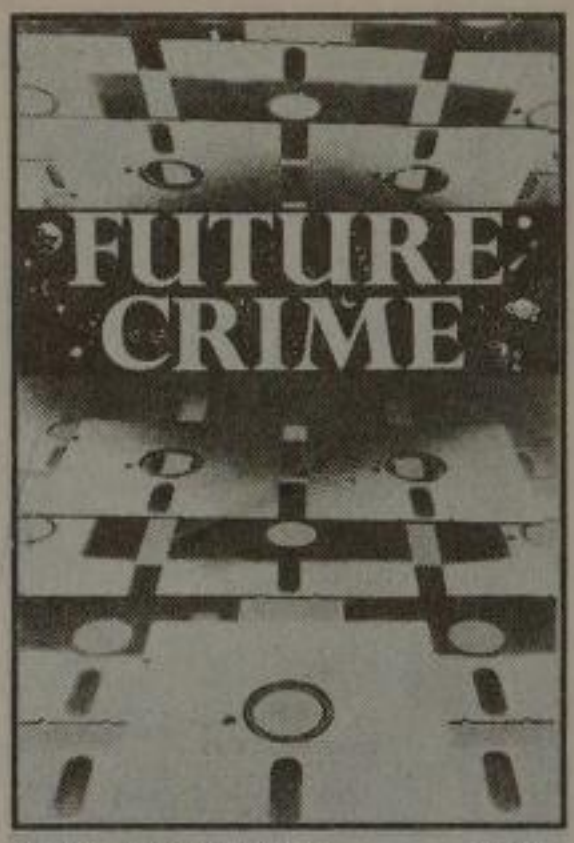


J-600 HINDU PHILOSOPHY Rs. 45



J-661 SAI BABA OF SHIRDI Rs.110





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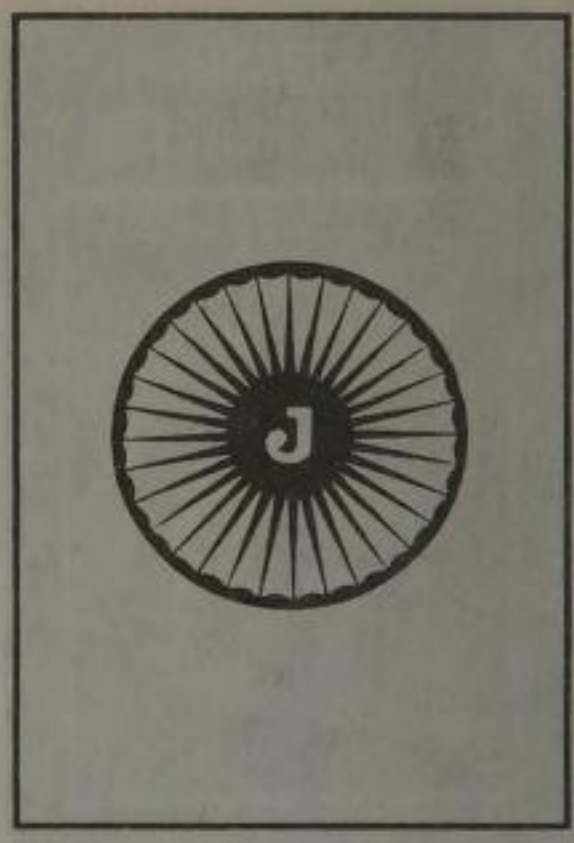

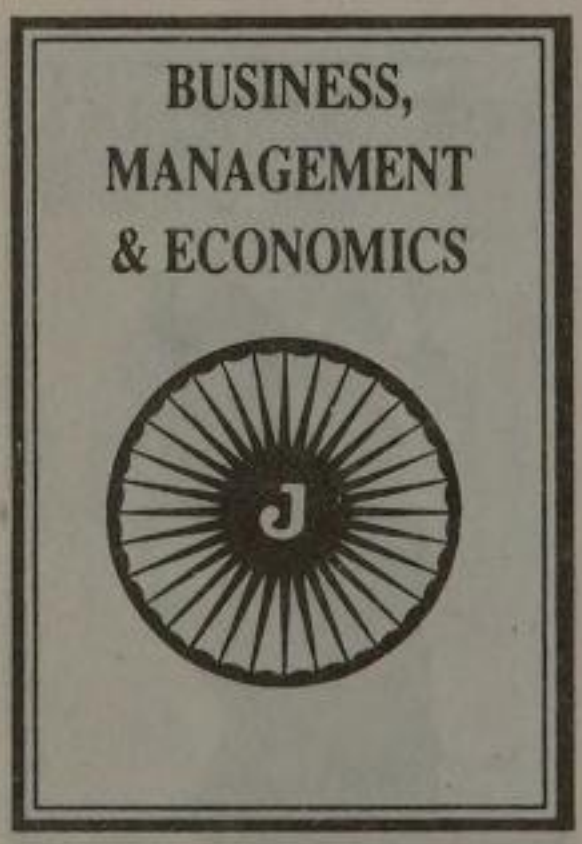

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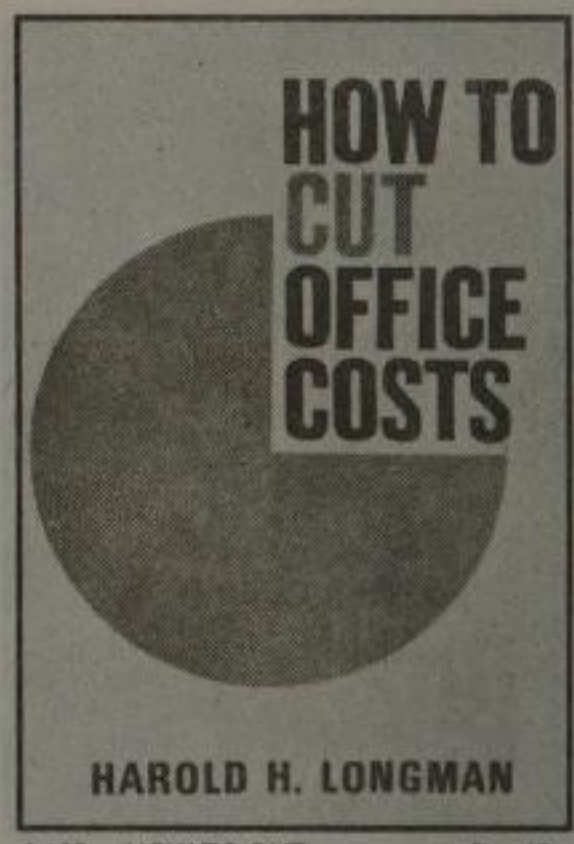

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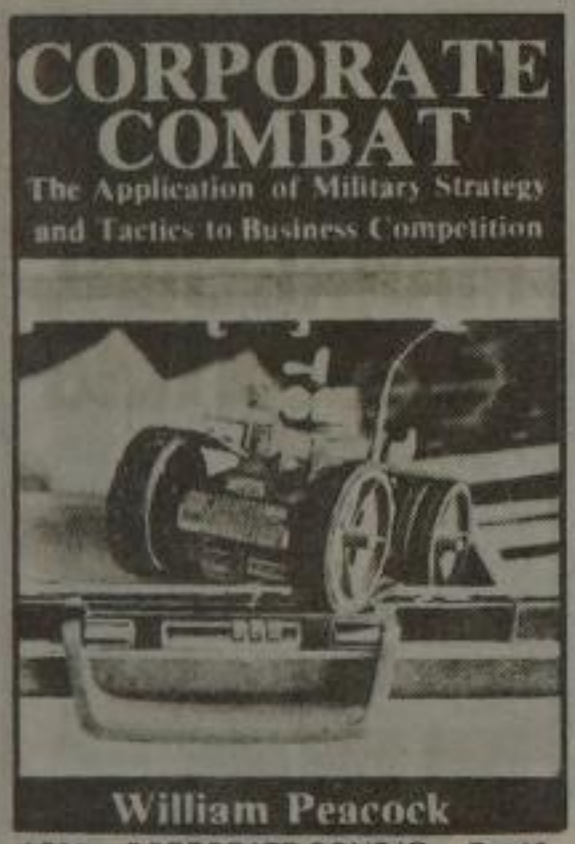

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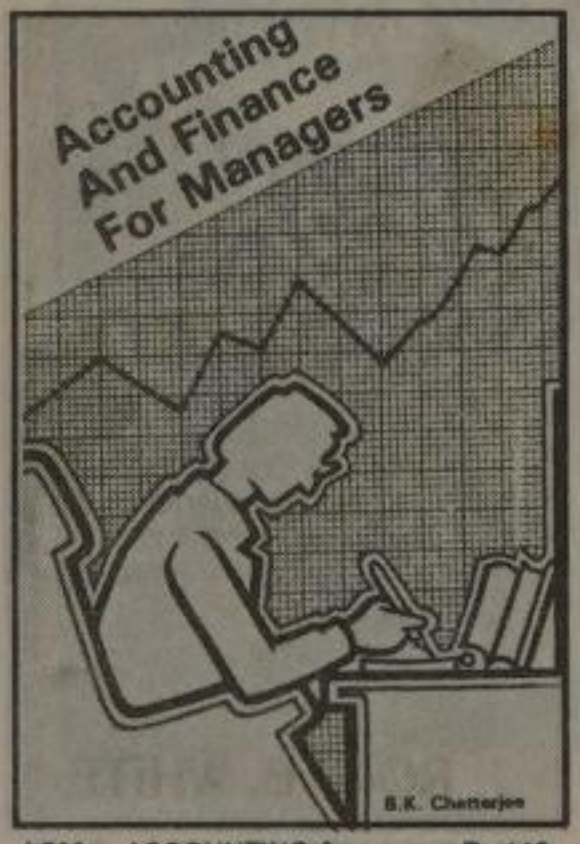

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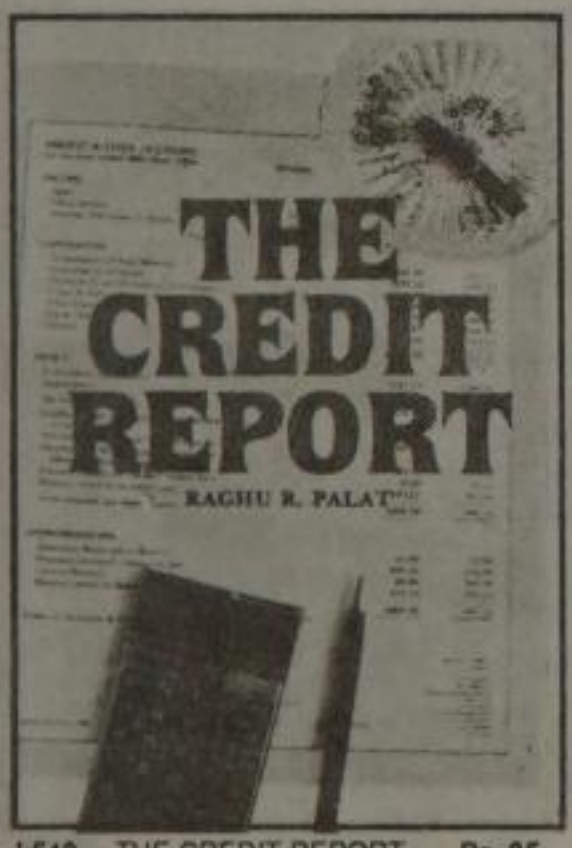

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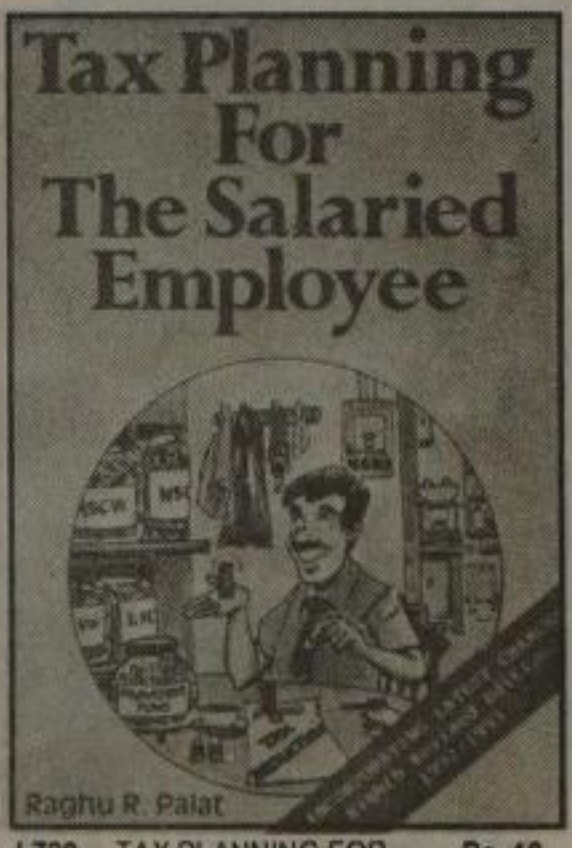

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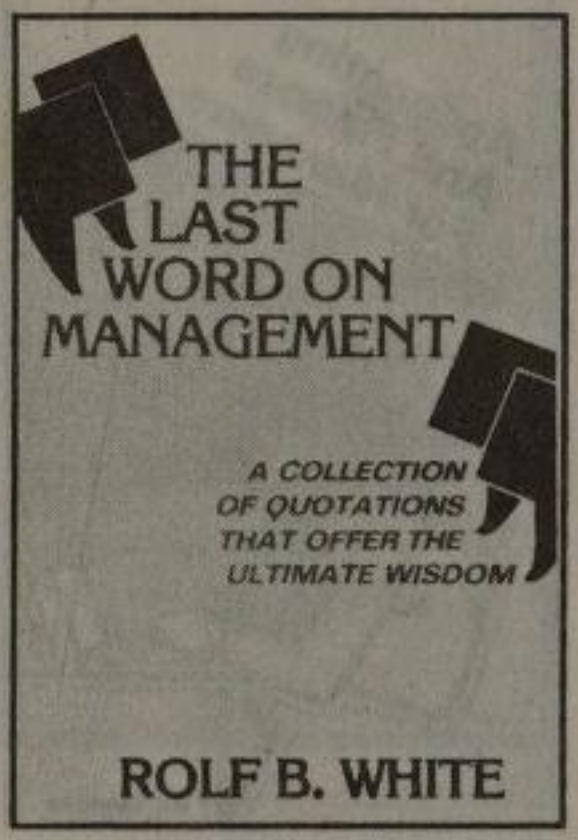

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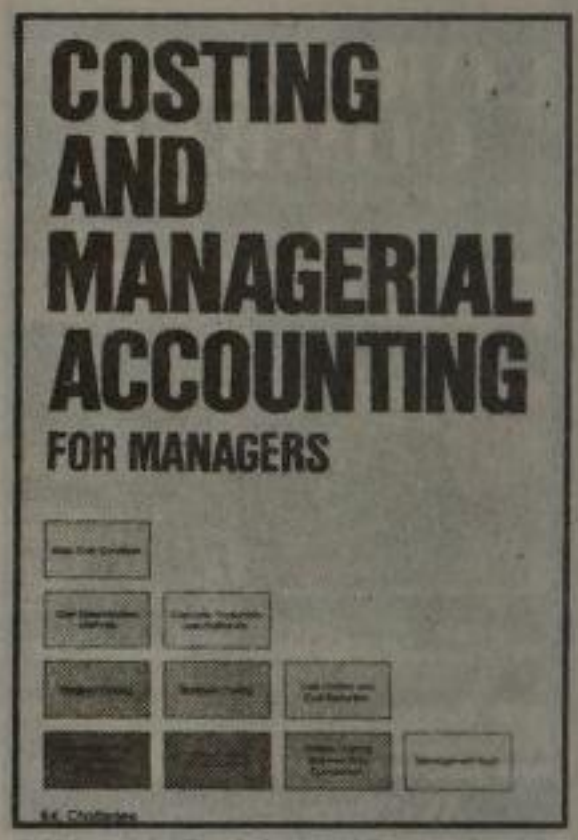

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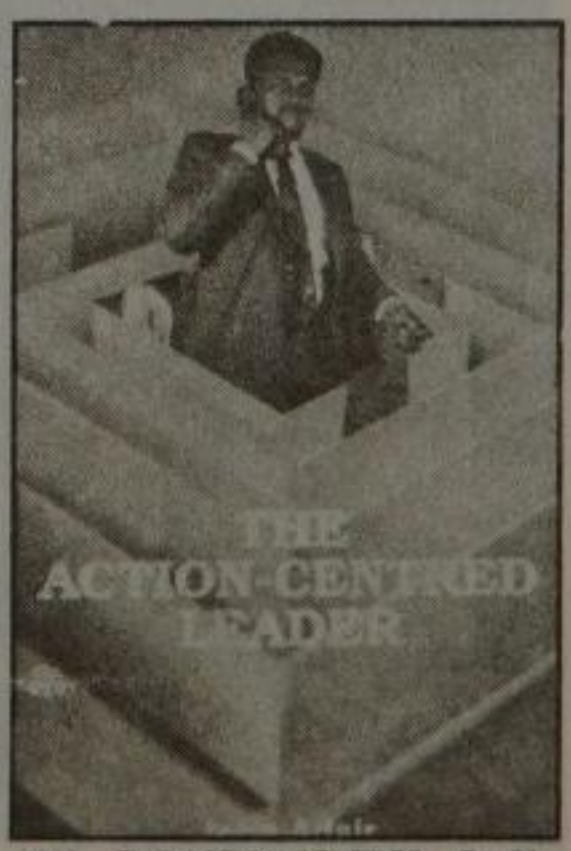

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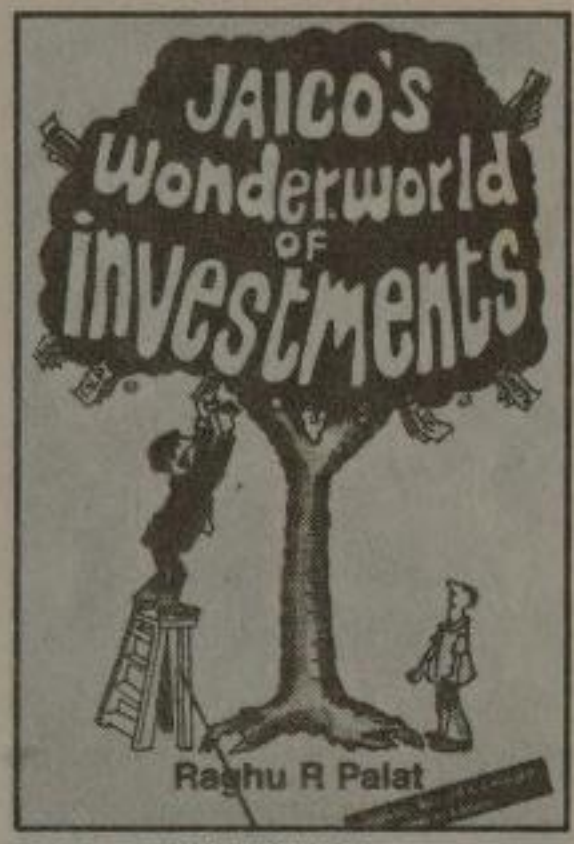

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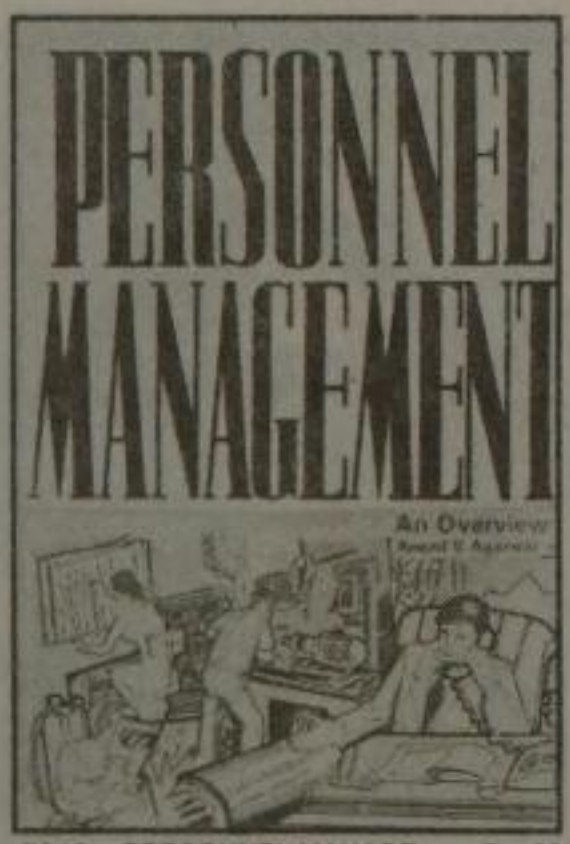

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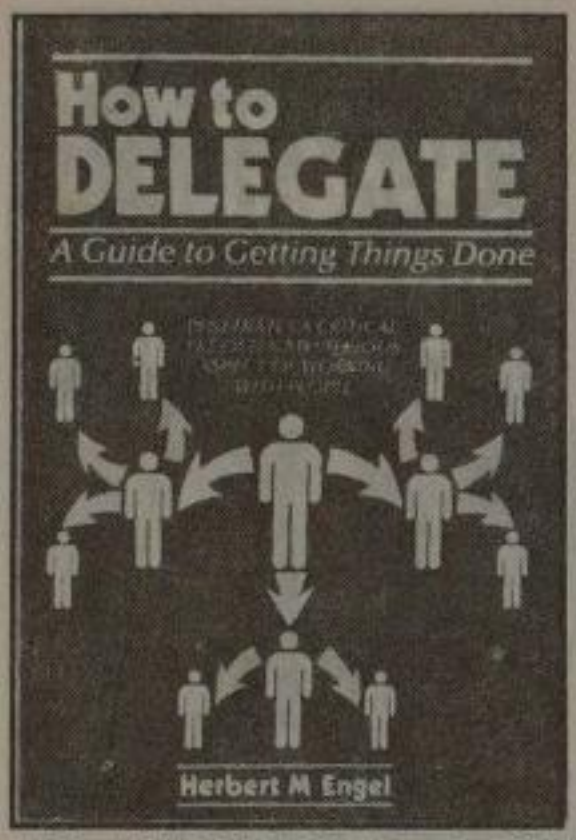

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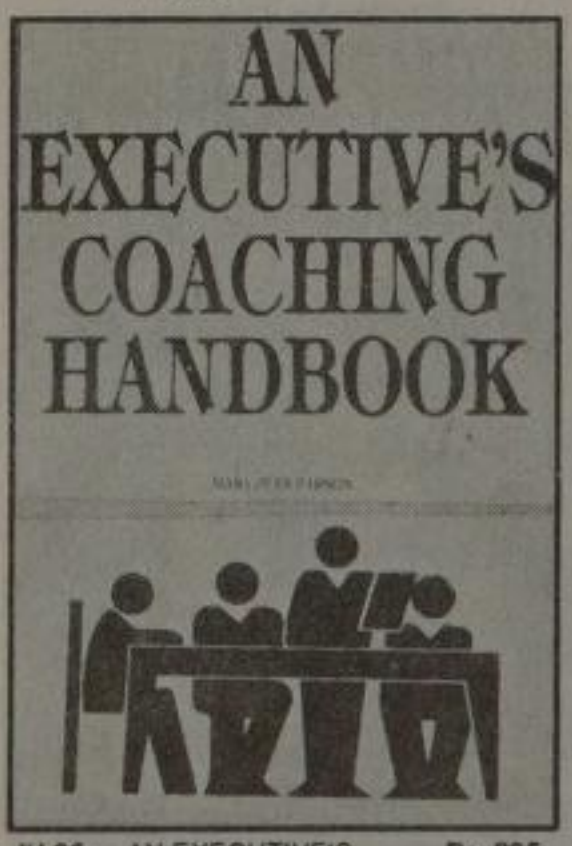

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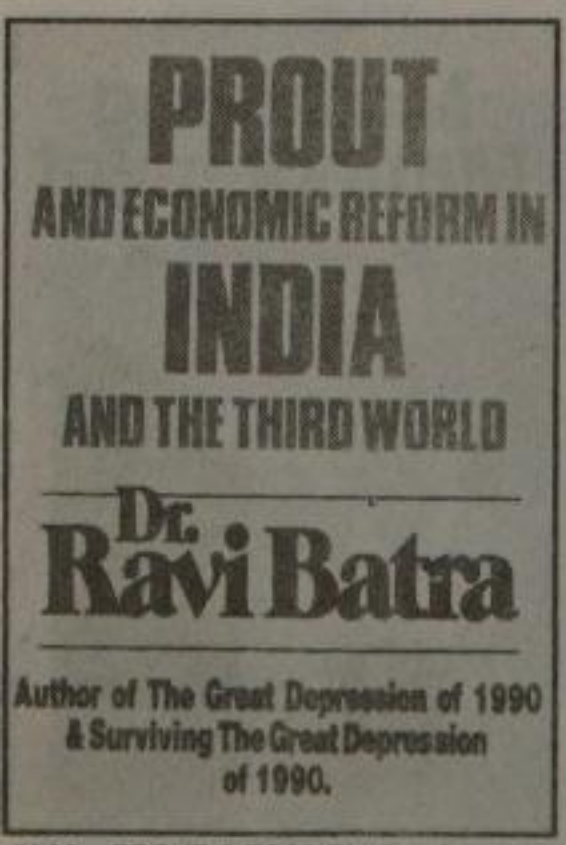

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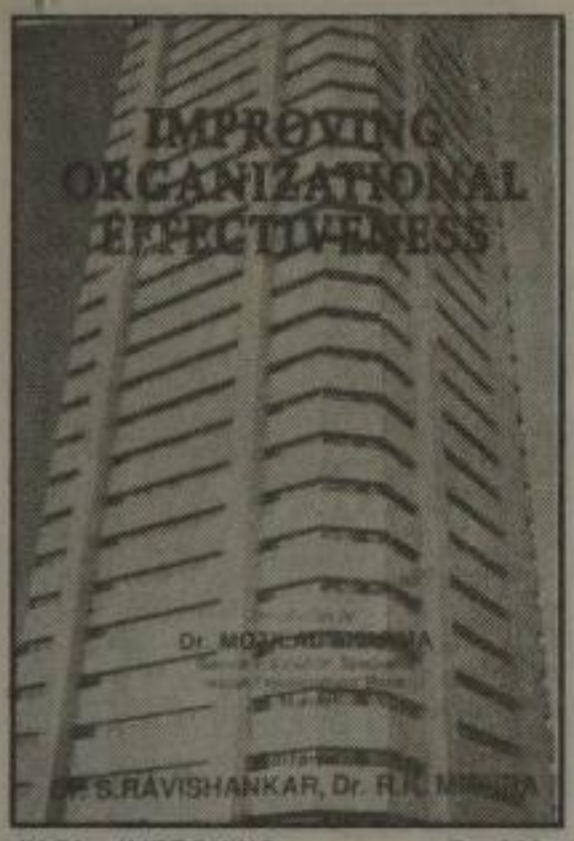

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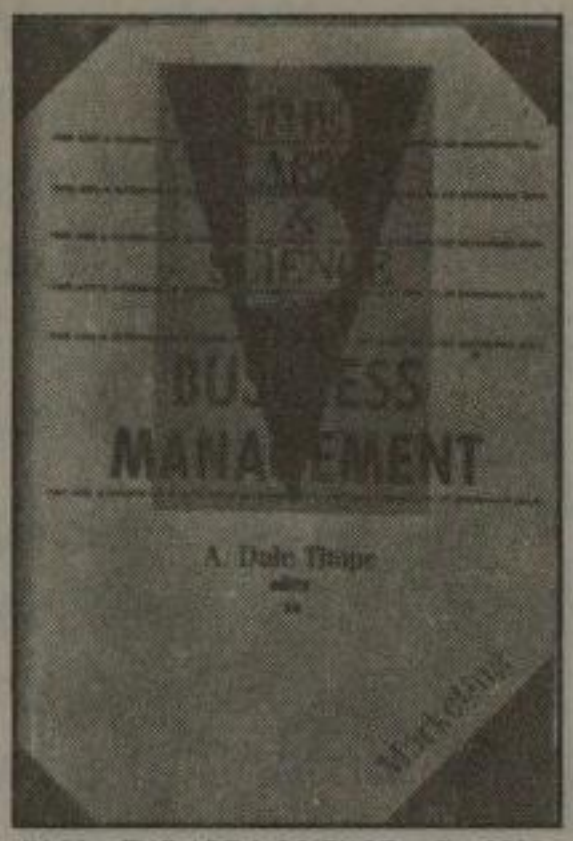

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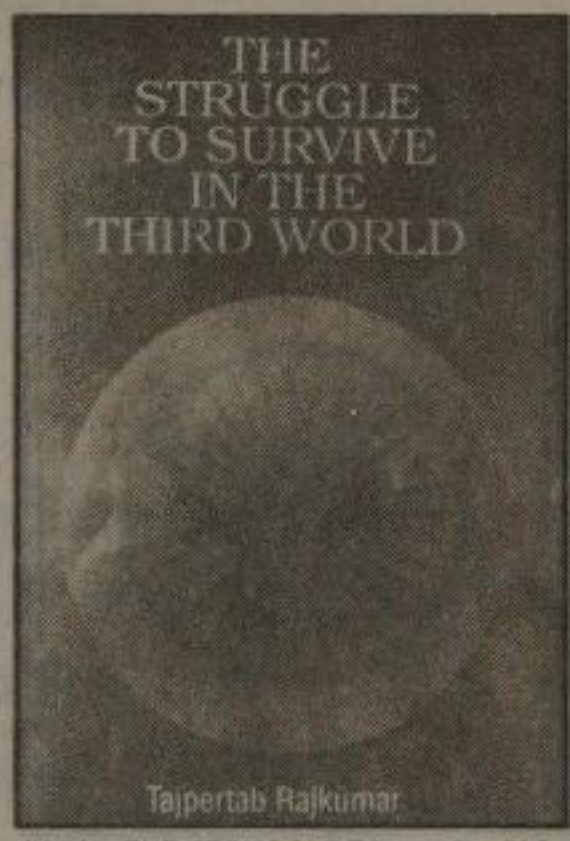

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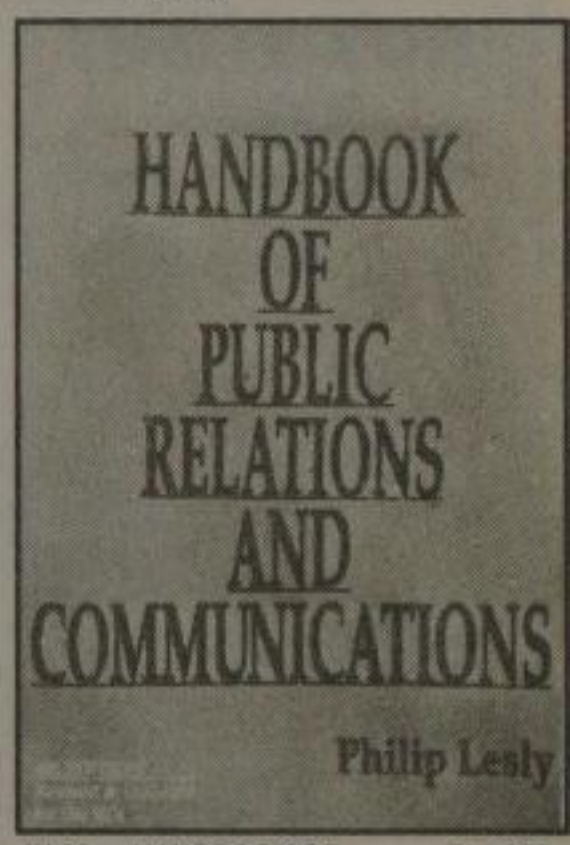

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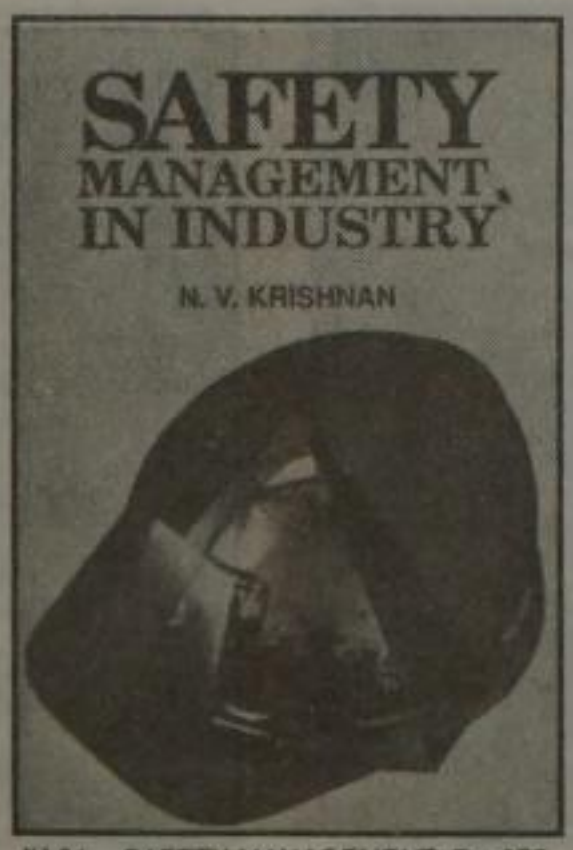

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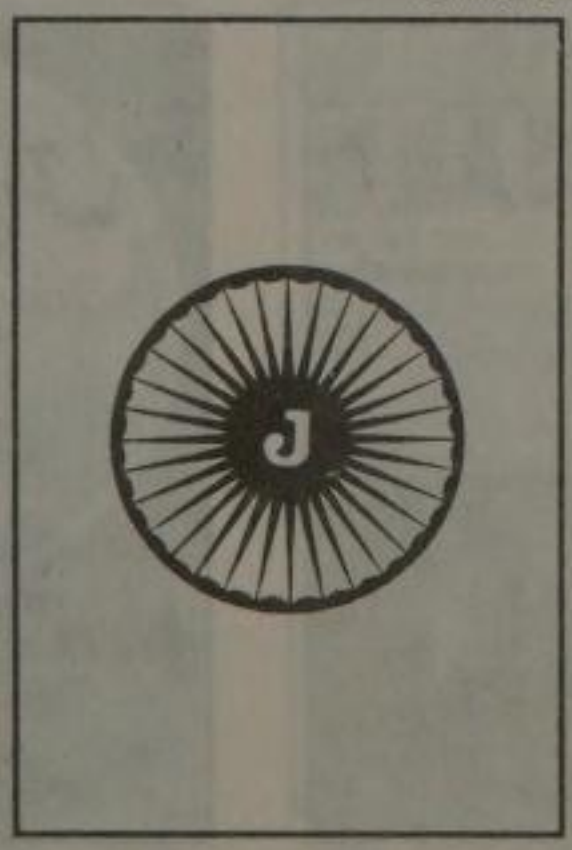

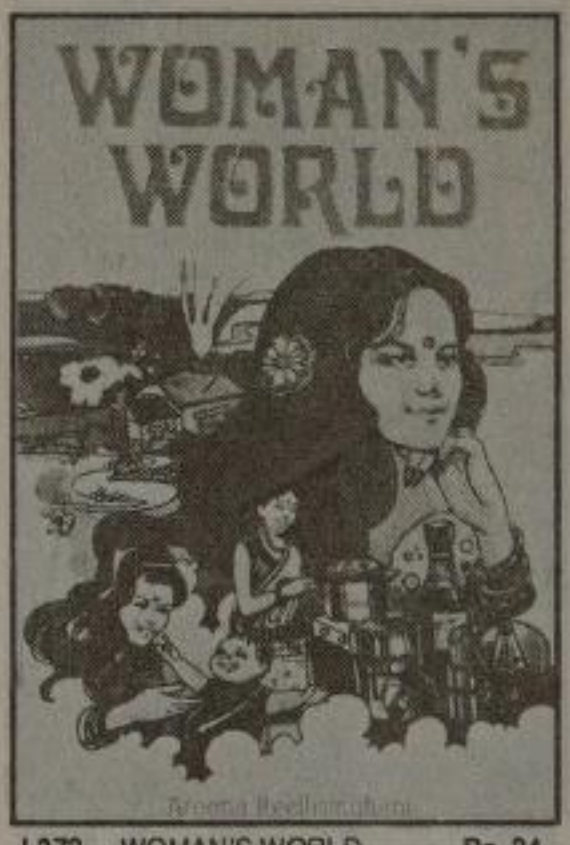

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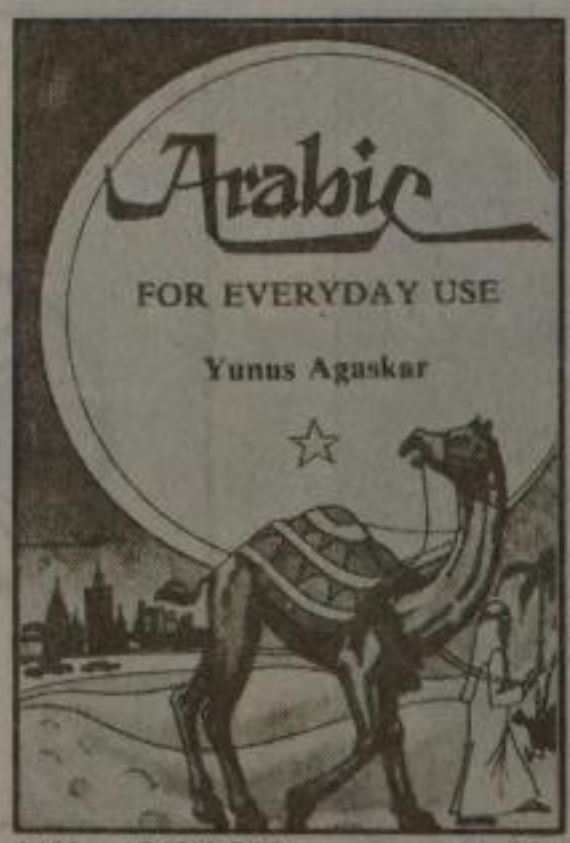

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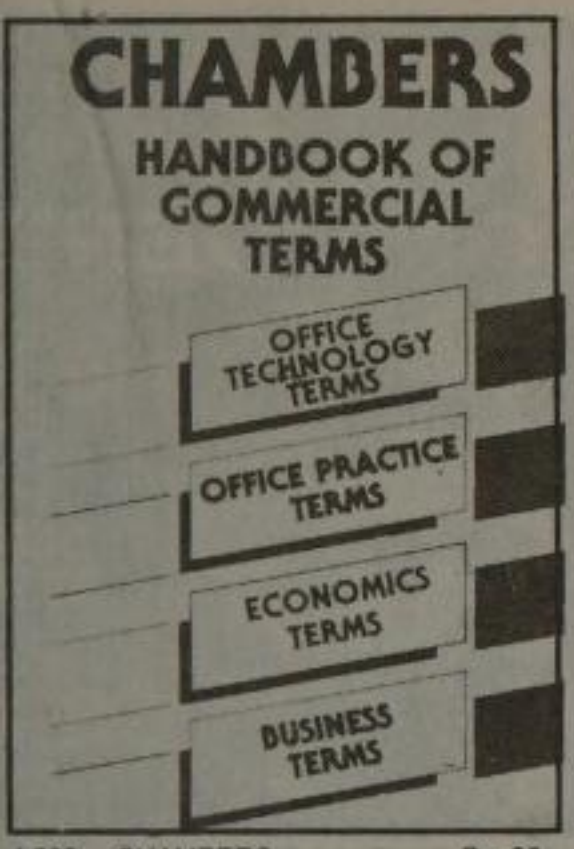

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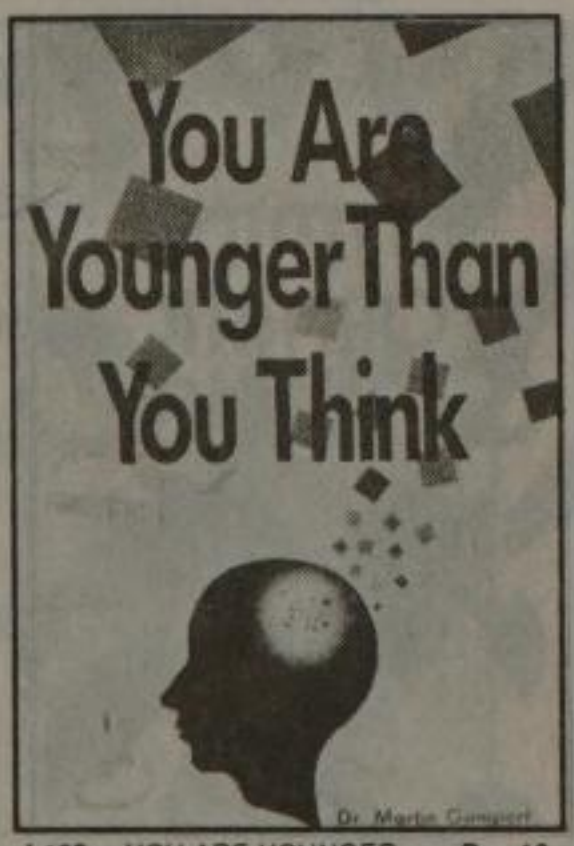

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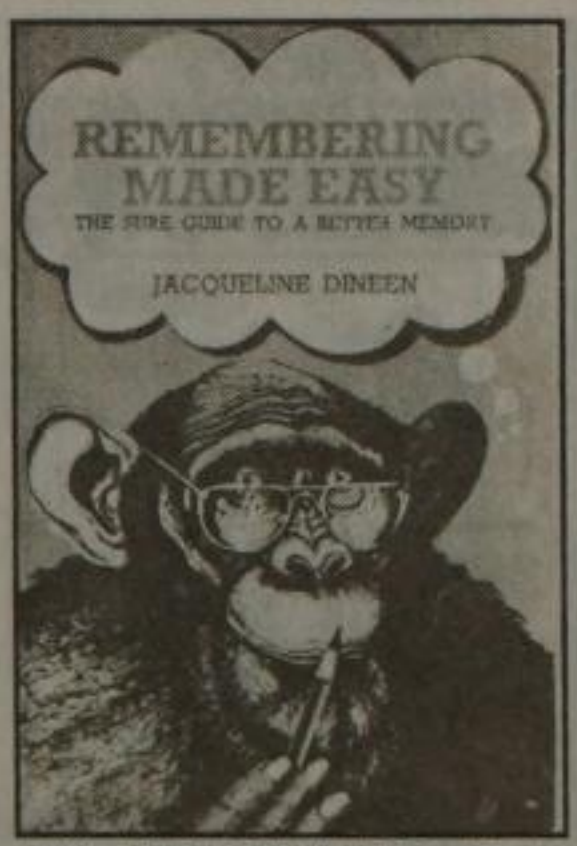

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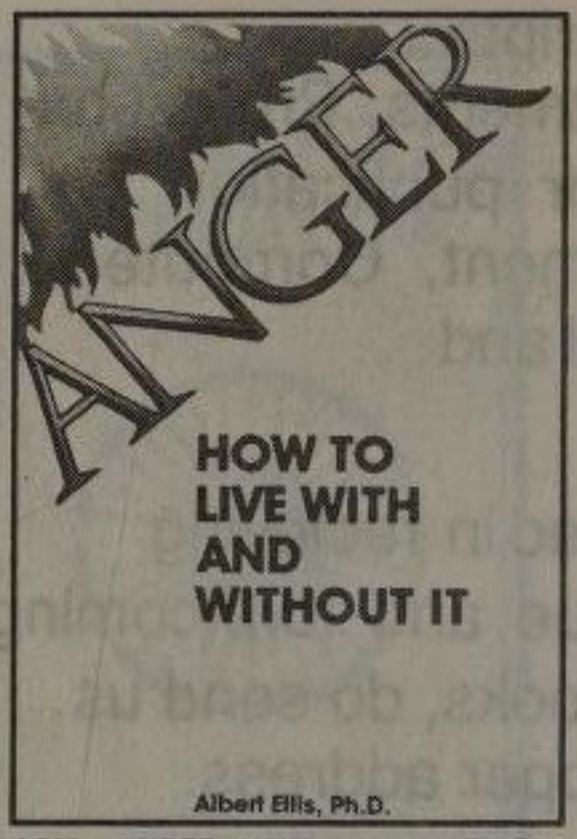

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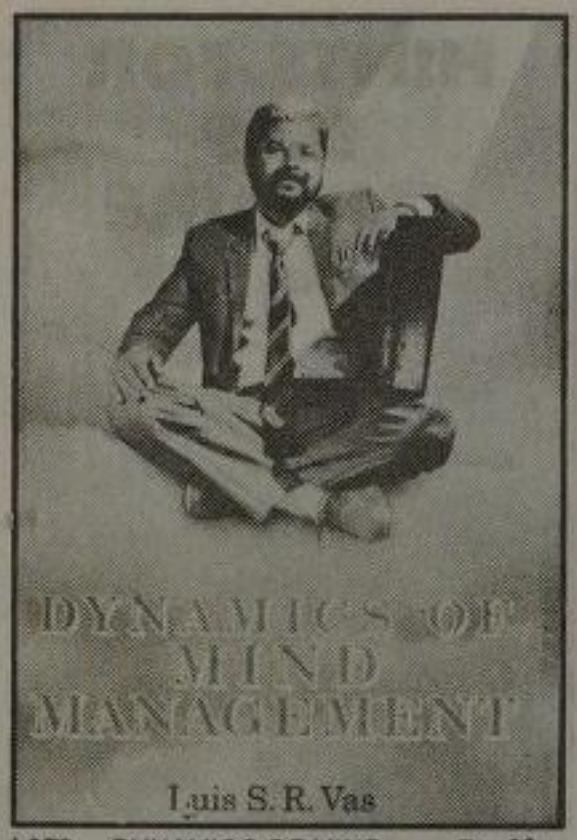

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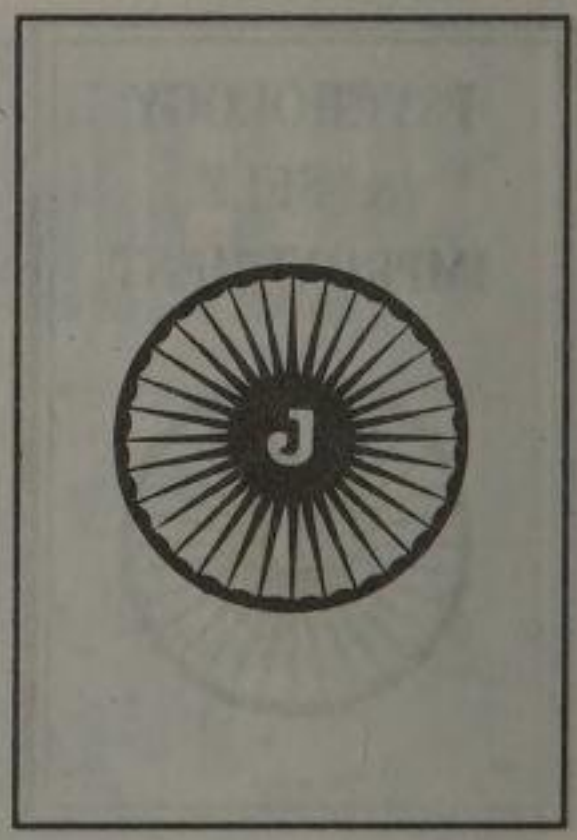

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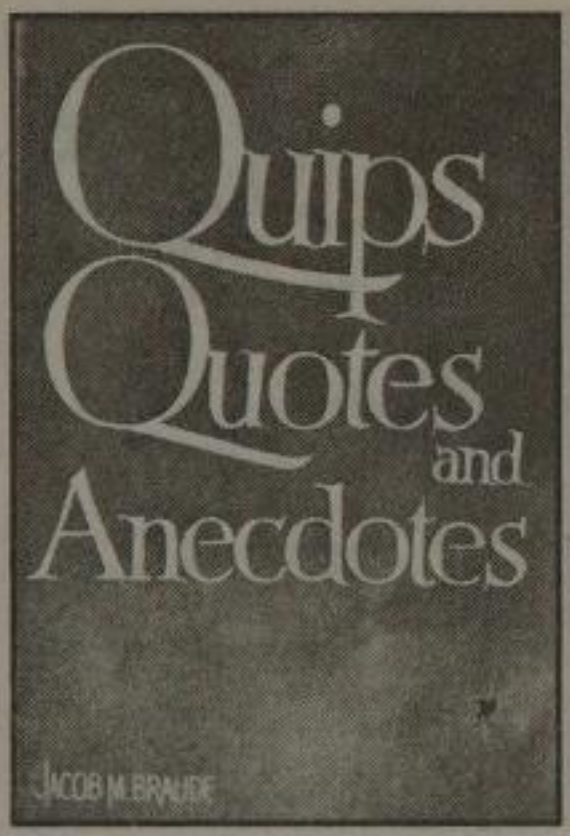

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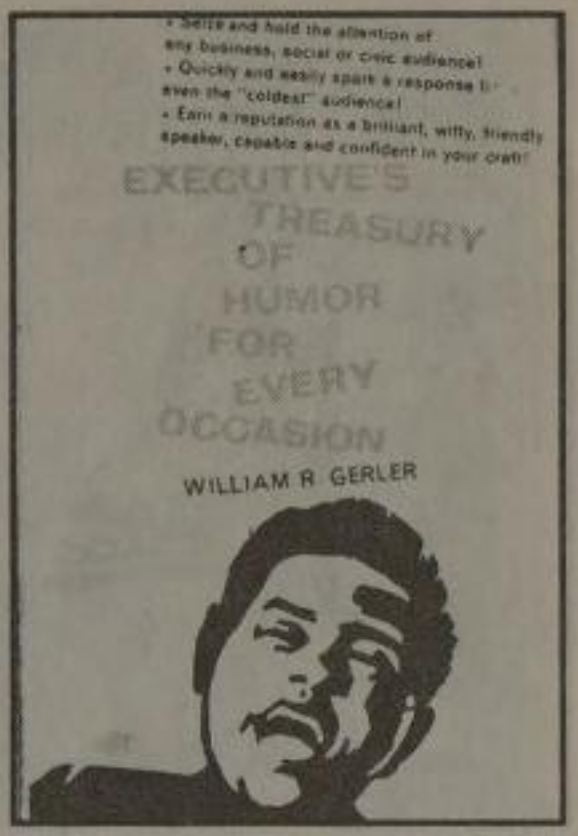

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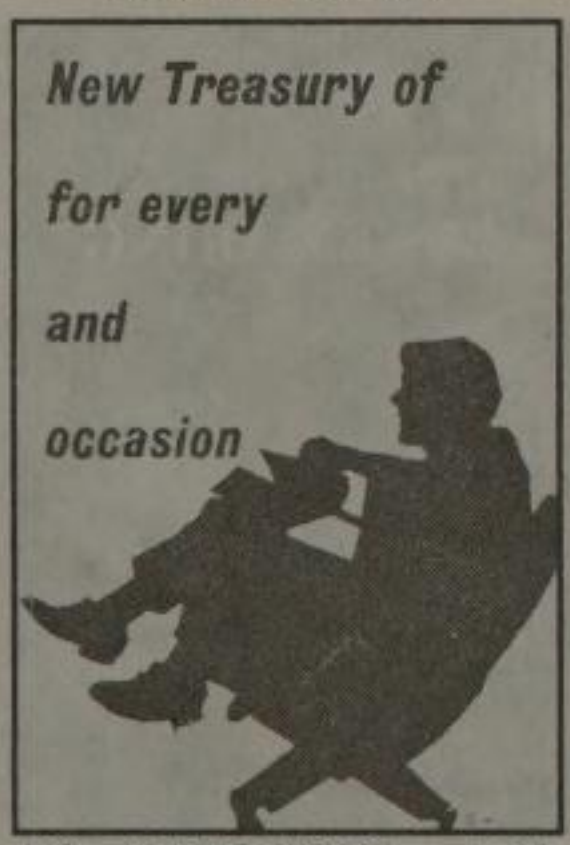

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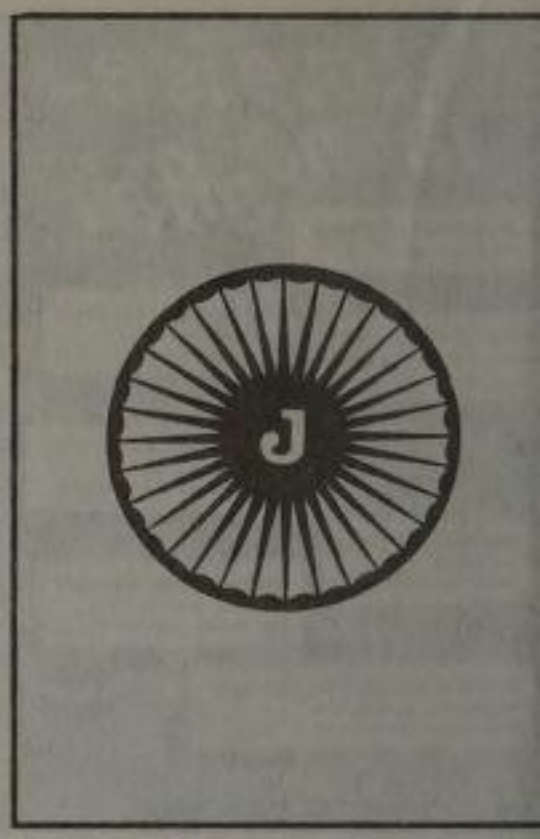

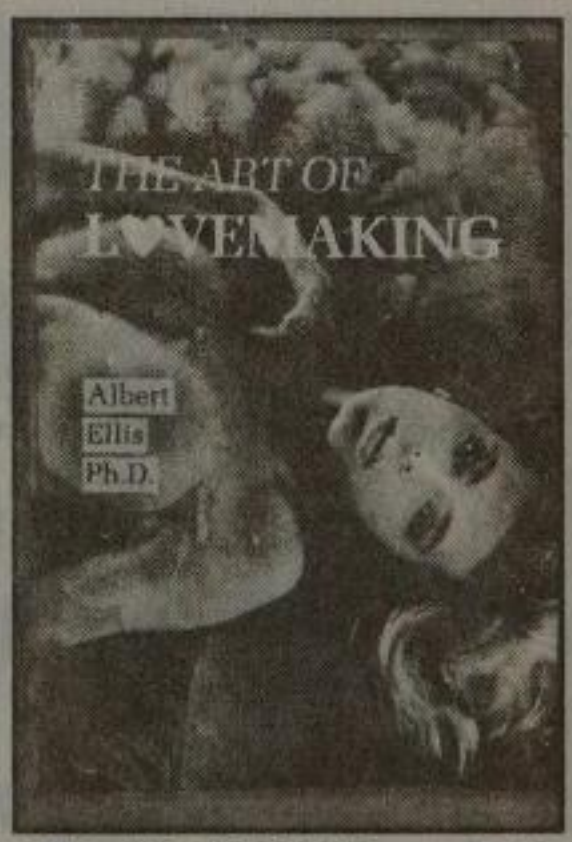

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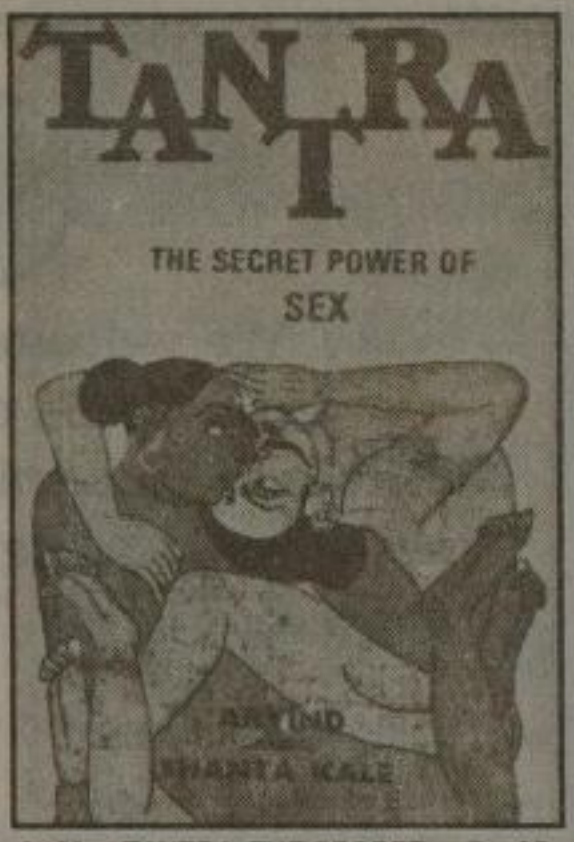

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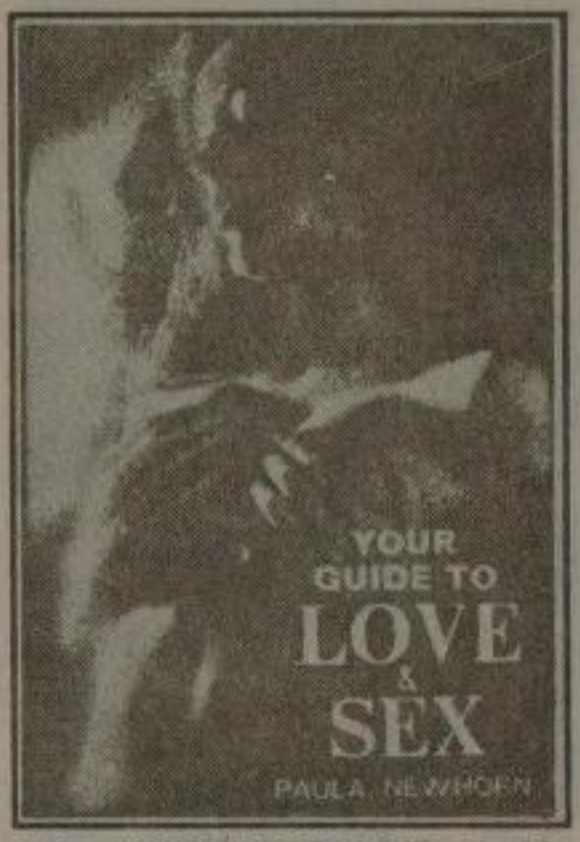

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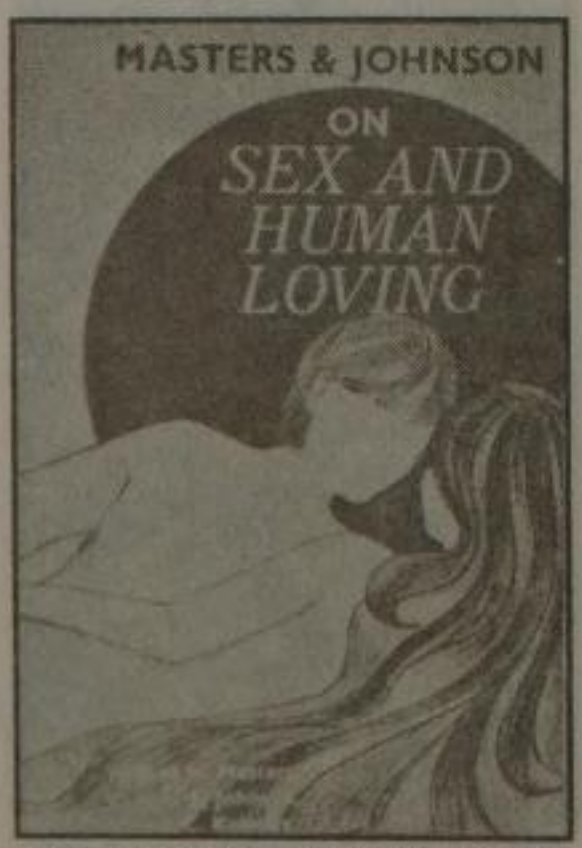

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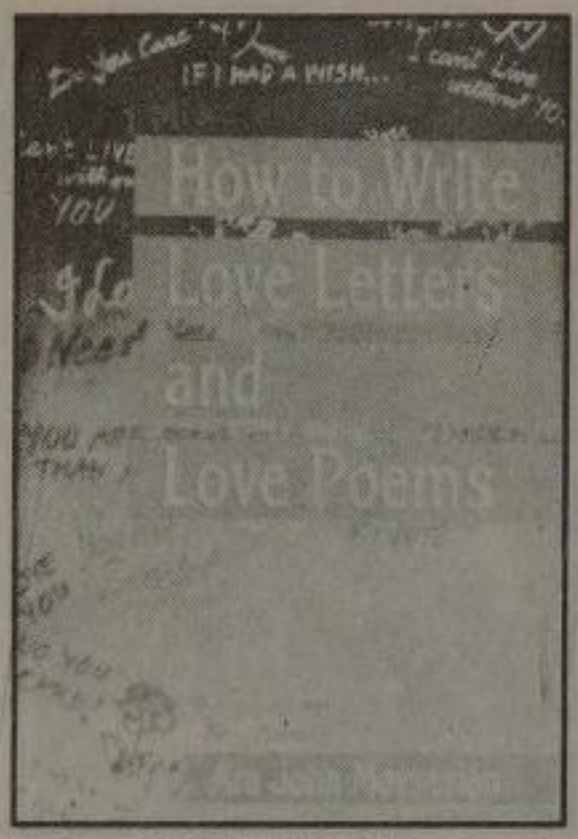

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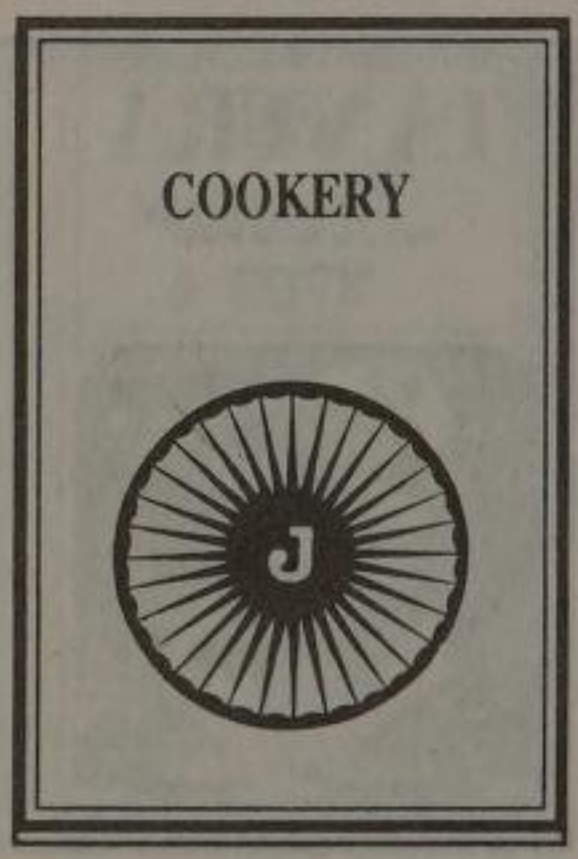

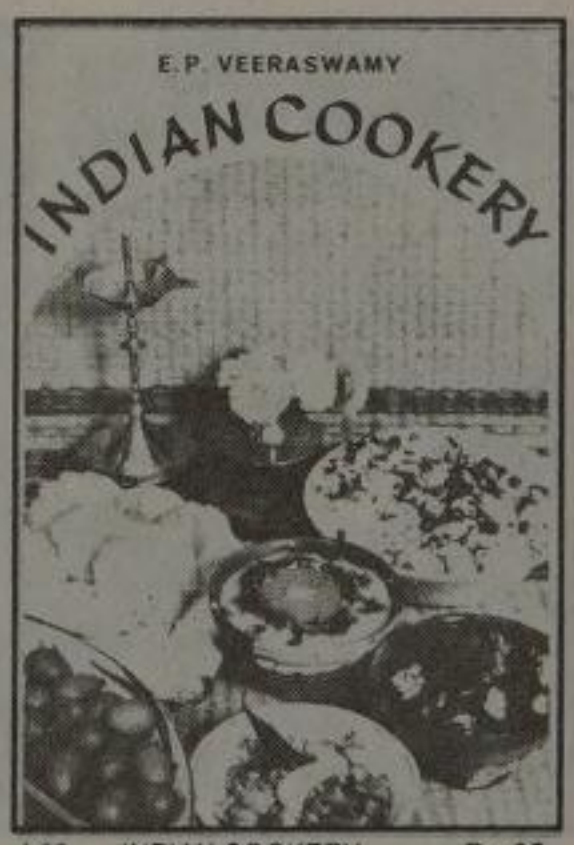

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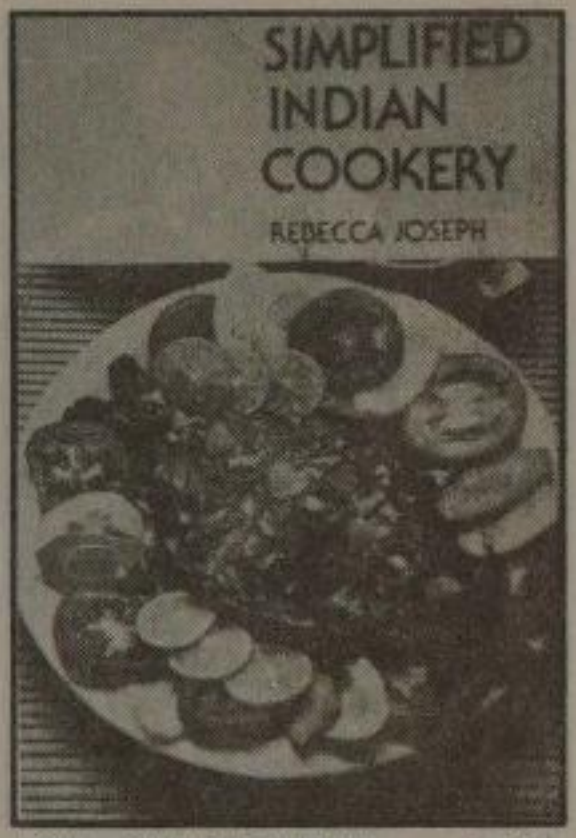

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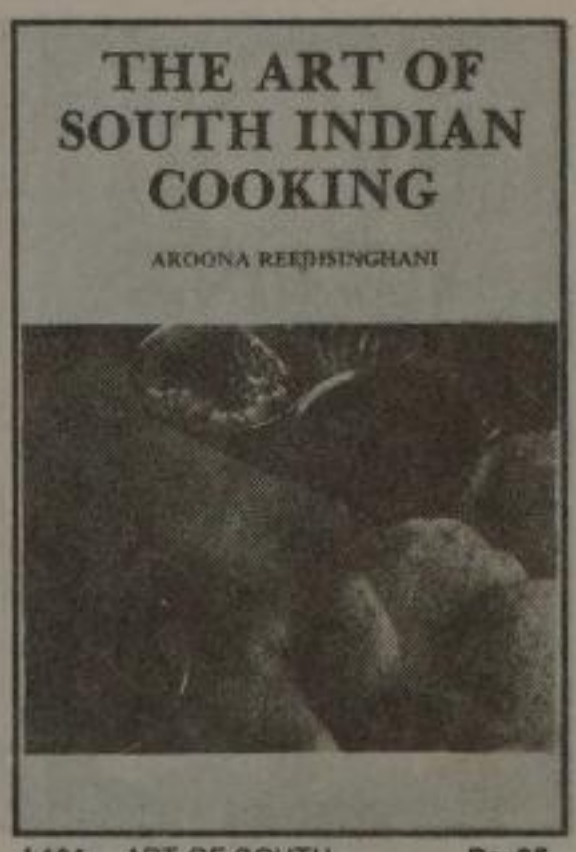

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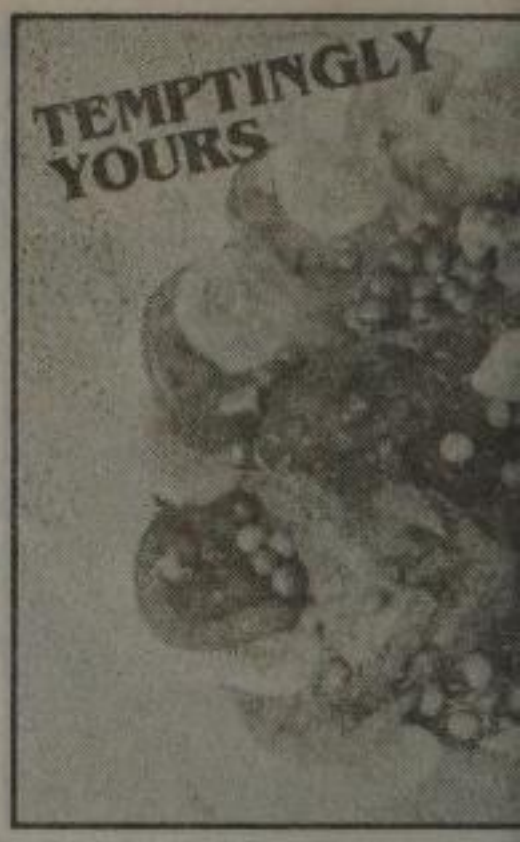

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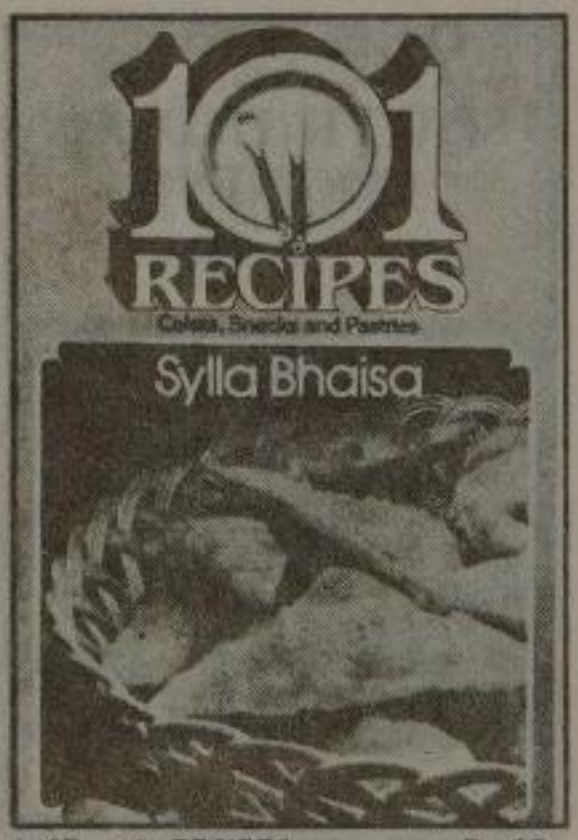

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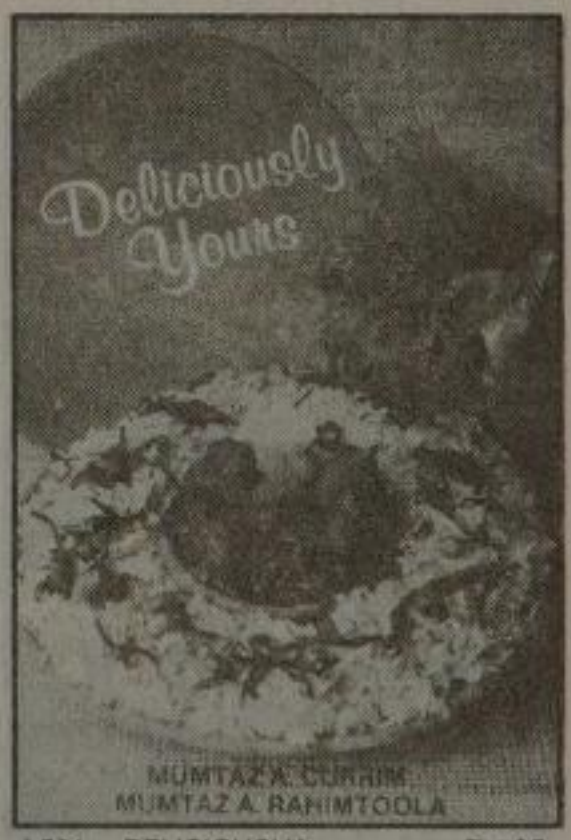

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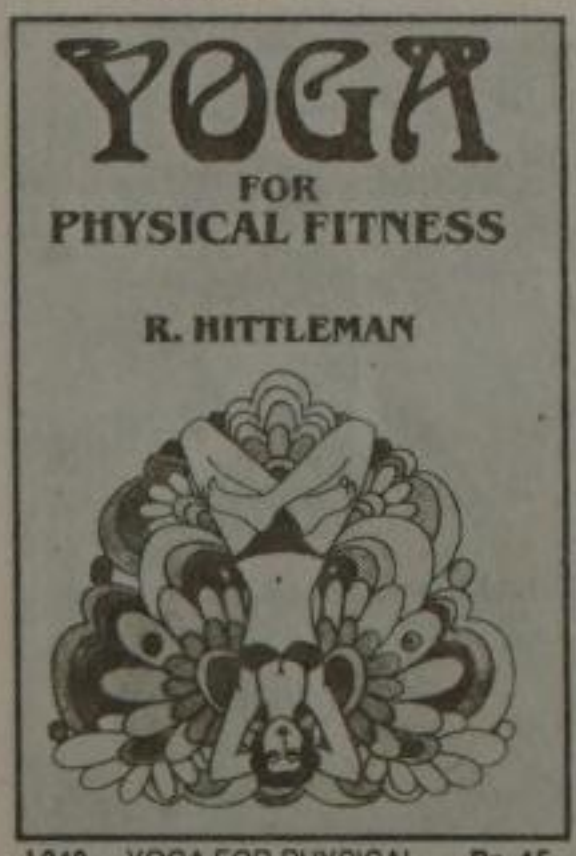

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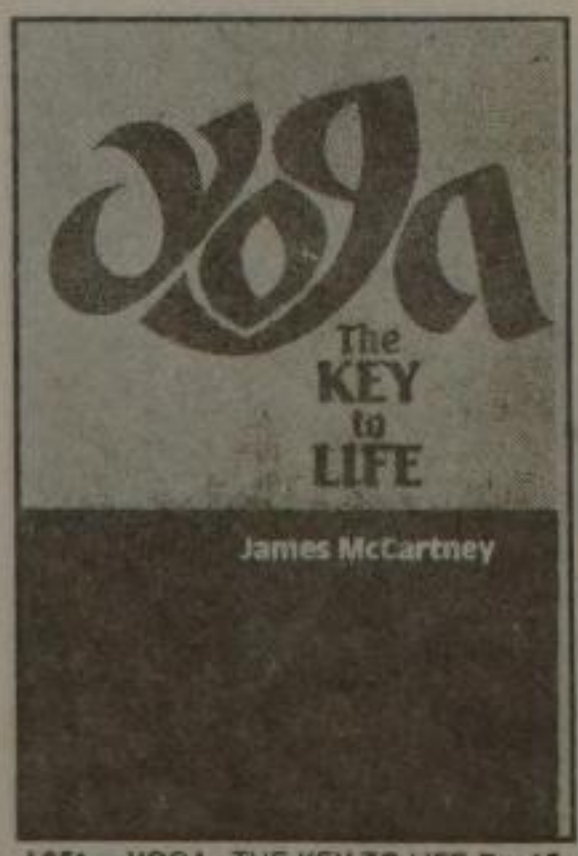

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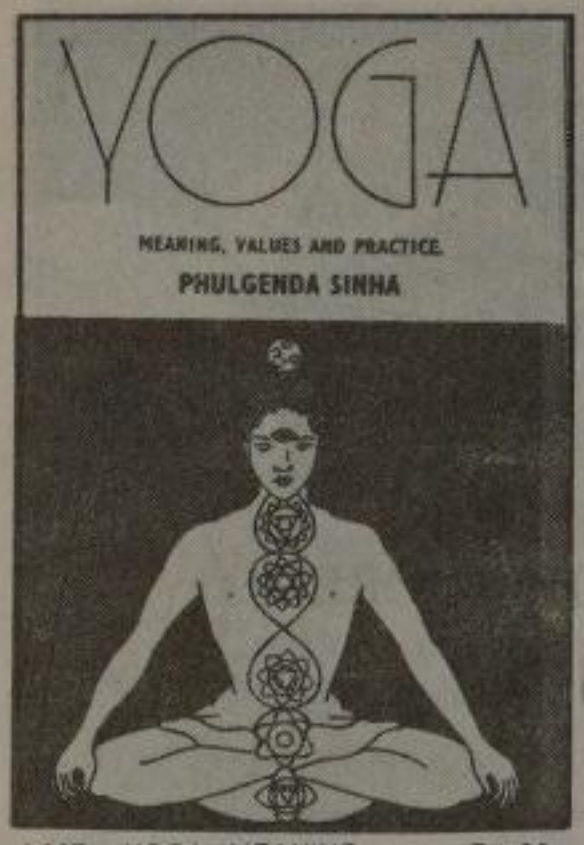

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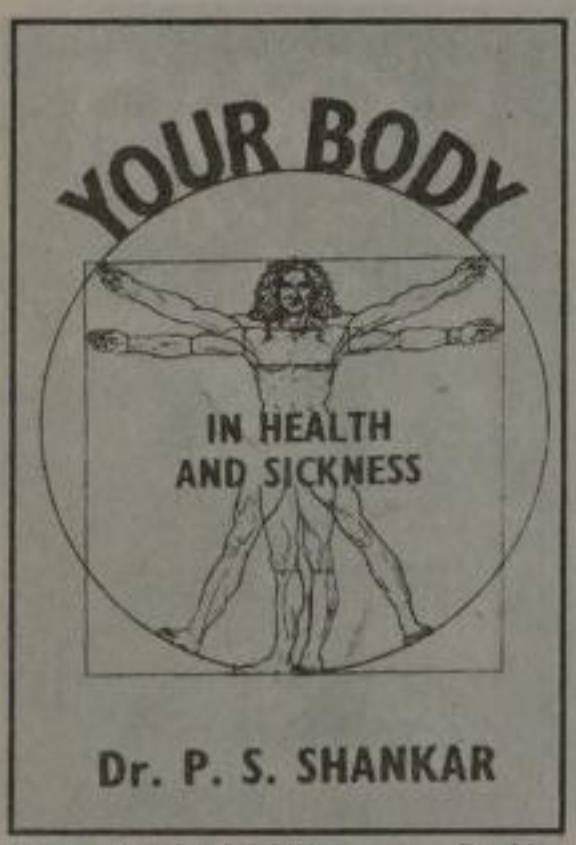

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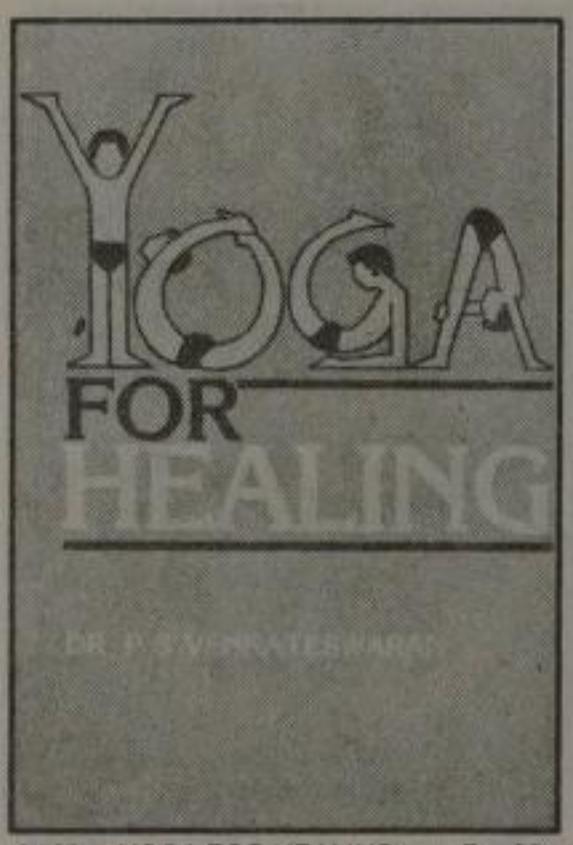

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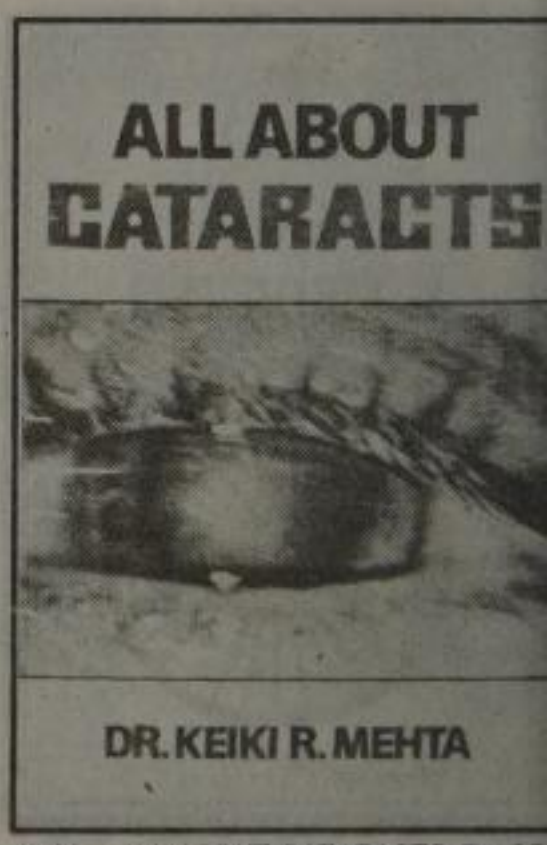

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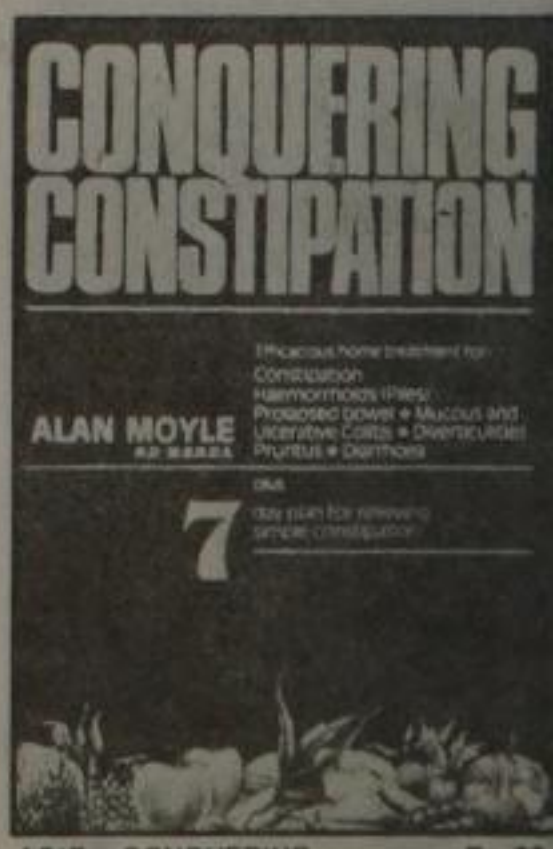

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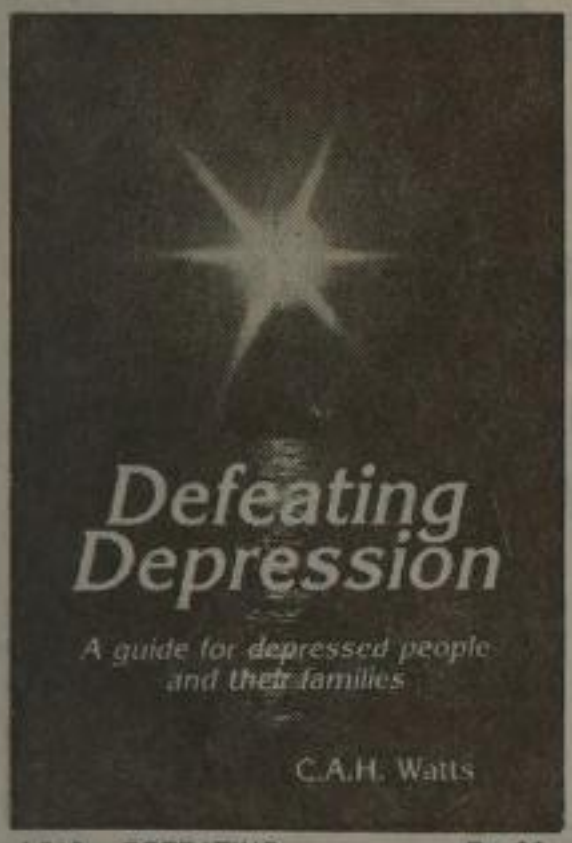

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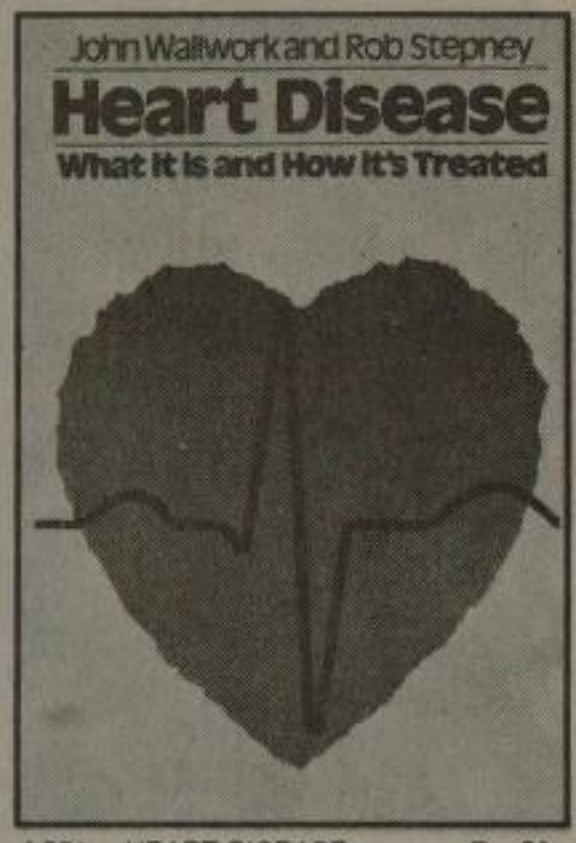

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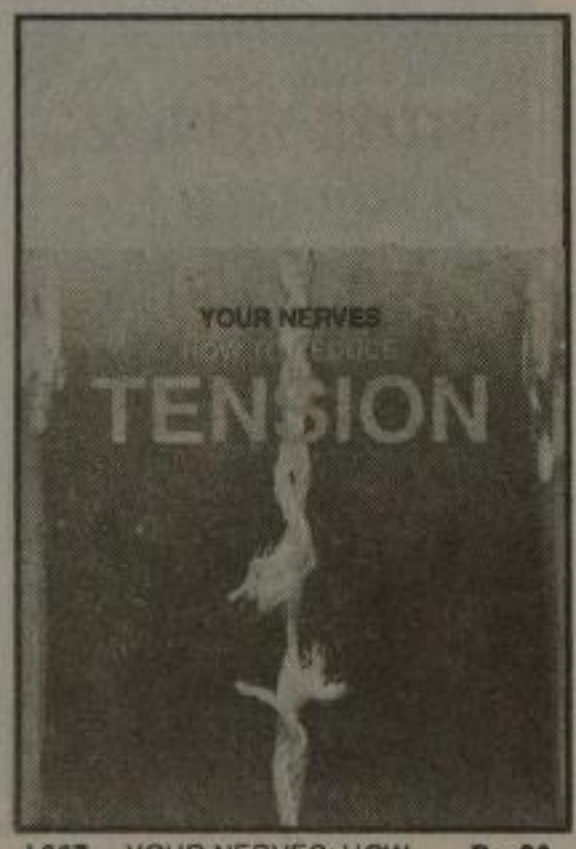

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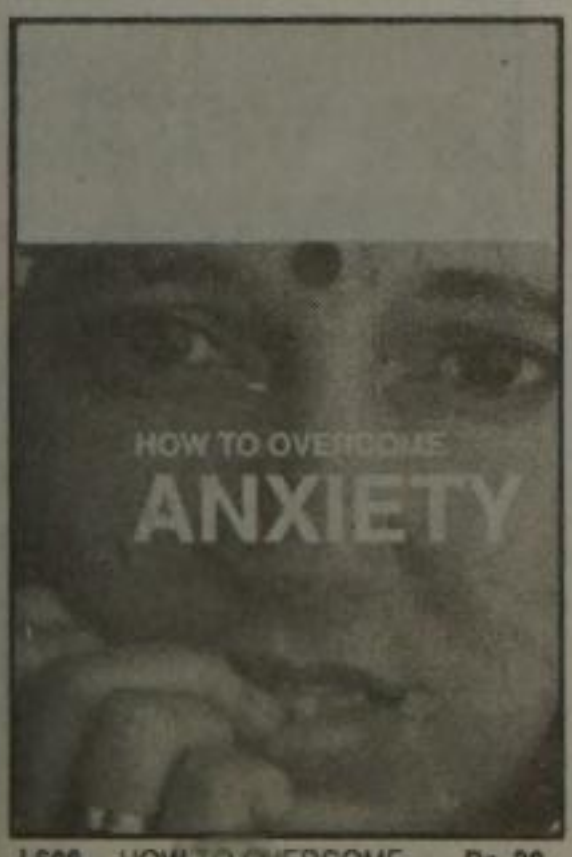

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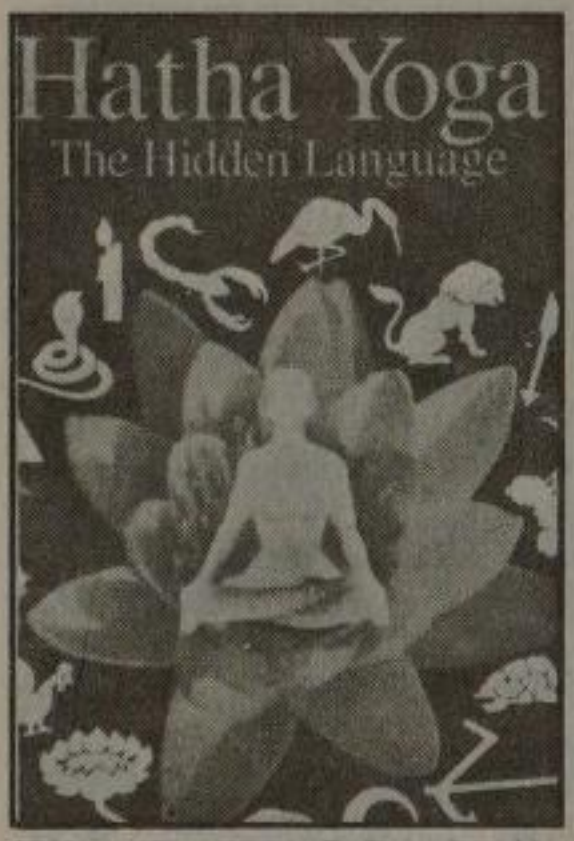

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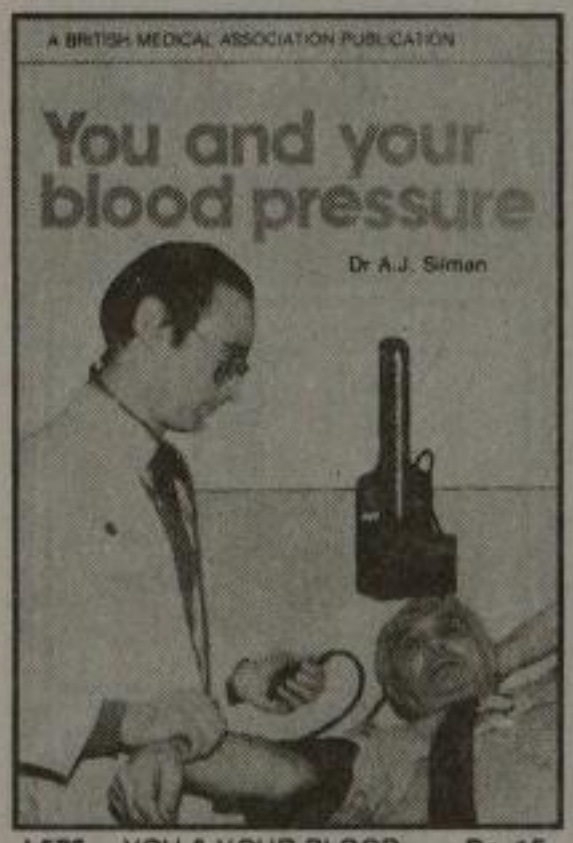

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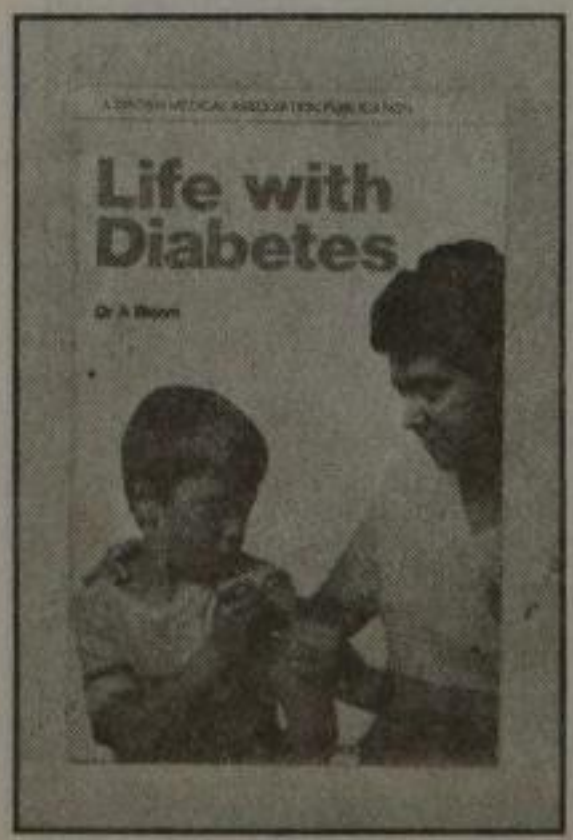

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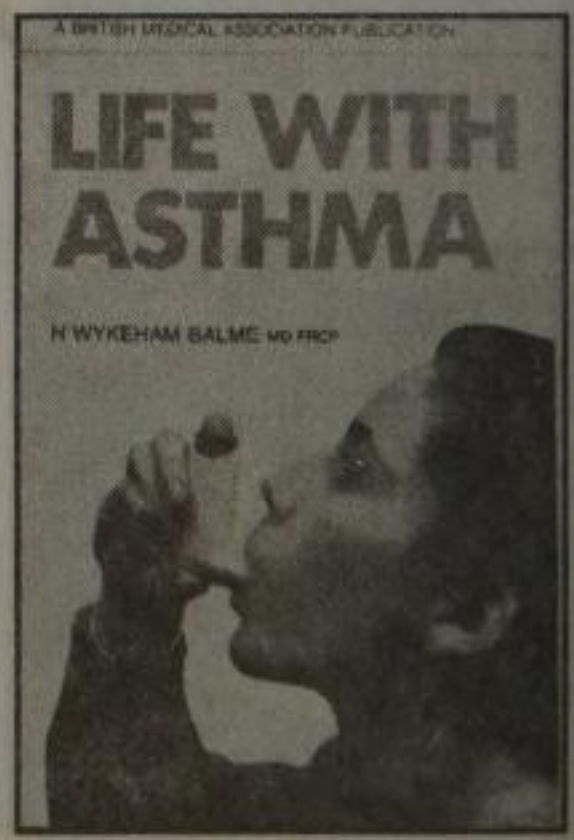

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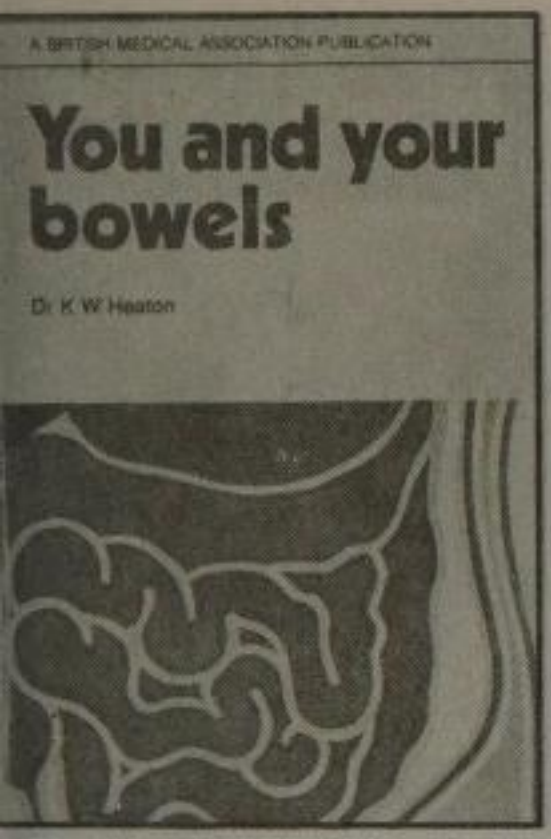

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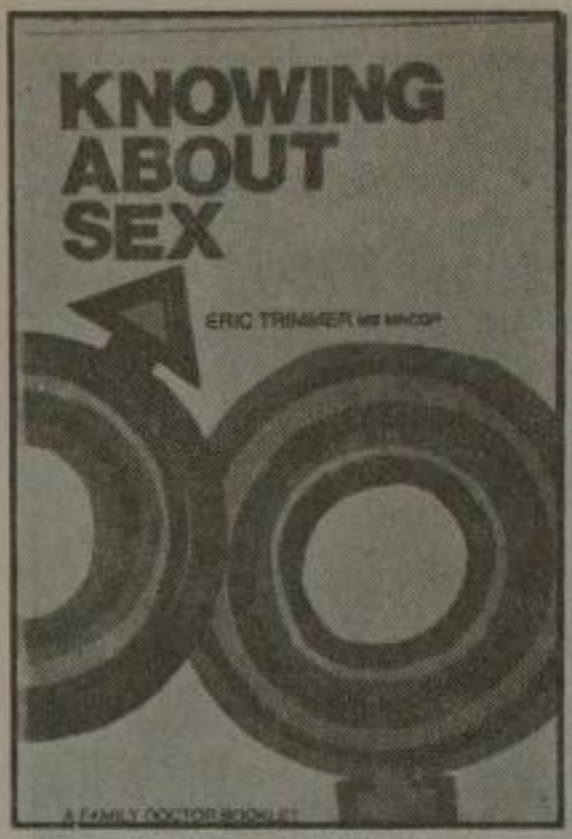

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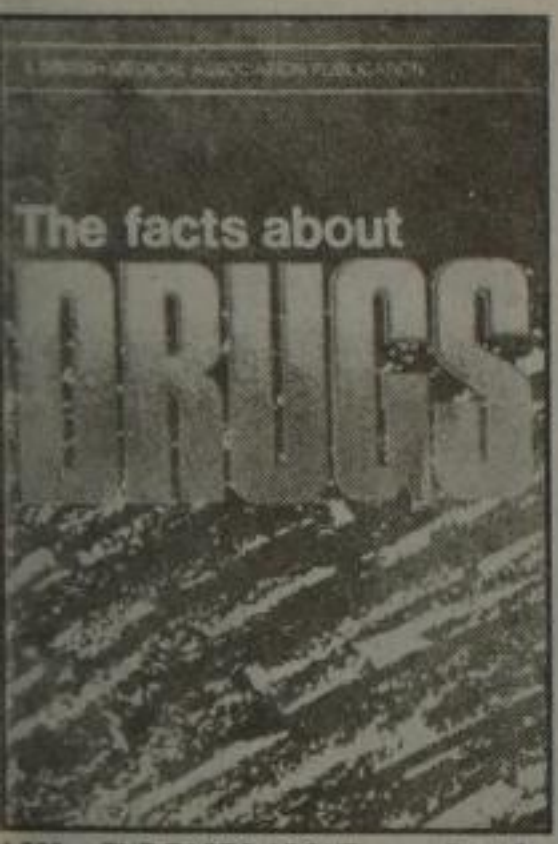

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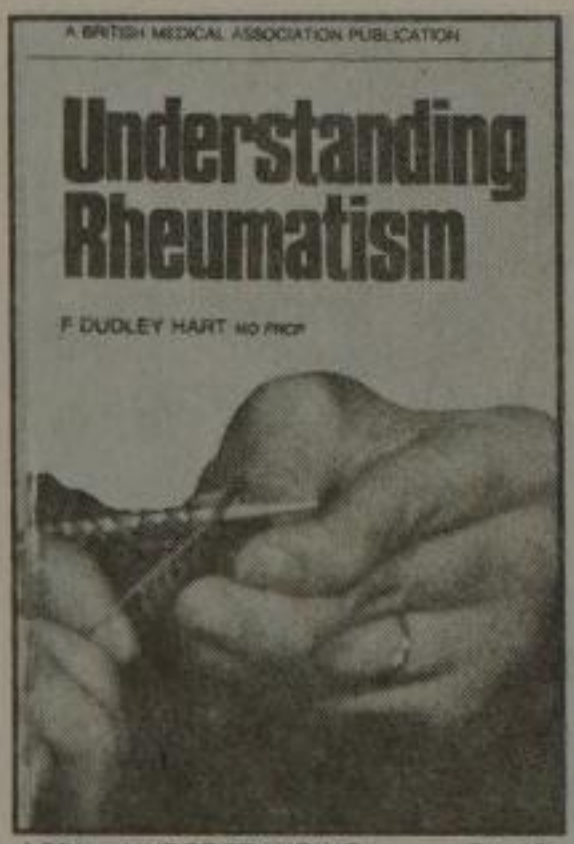

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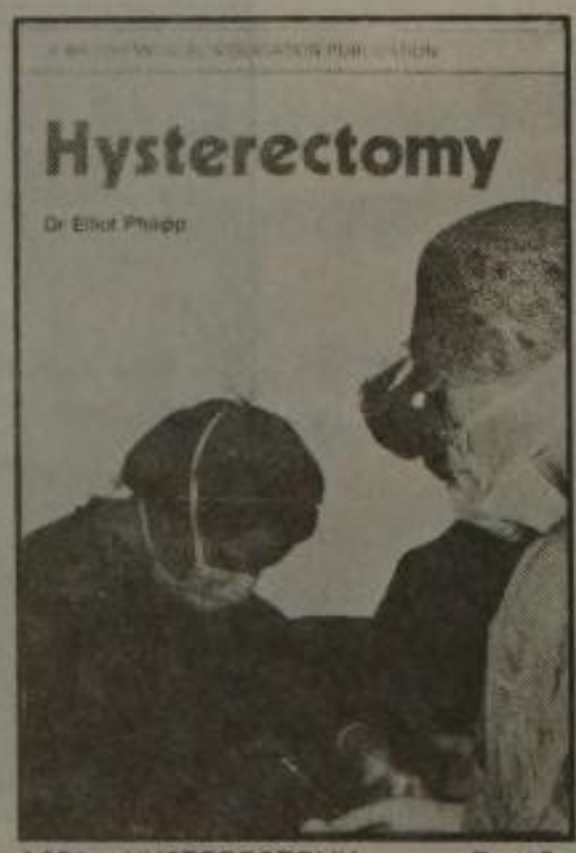

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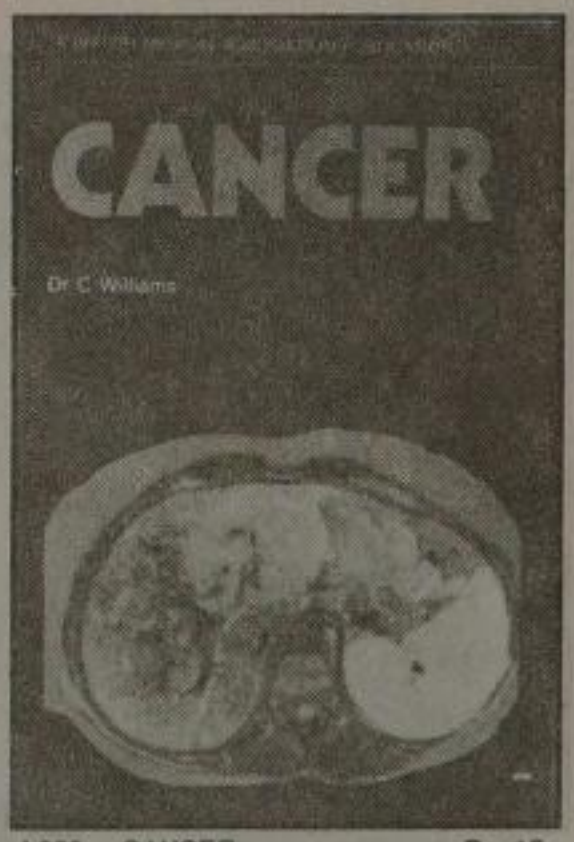

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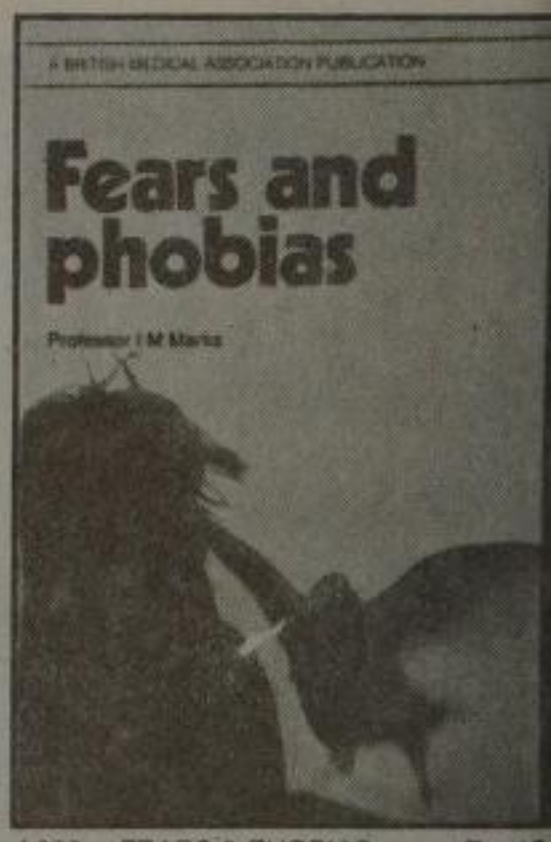

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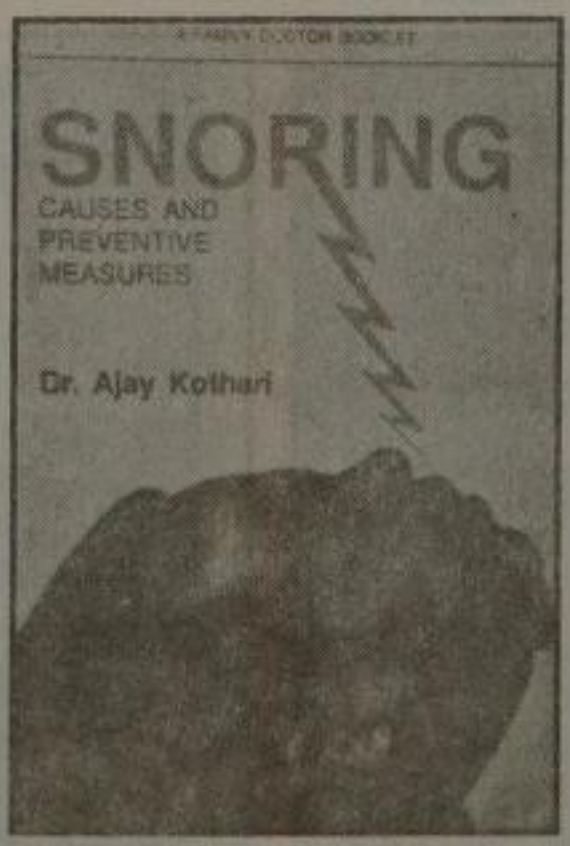

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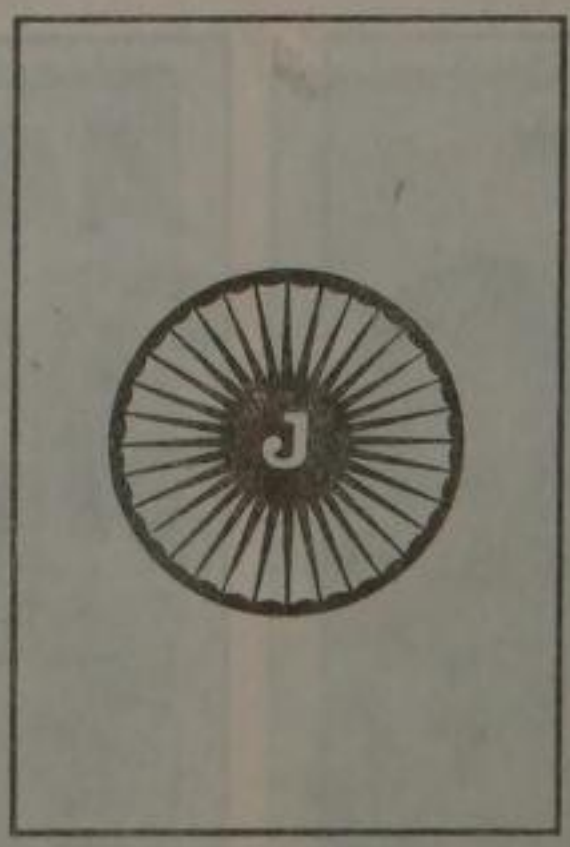

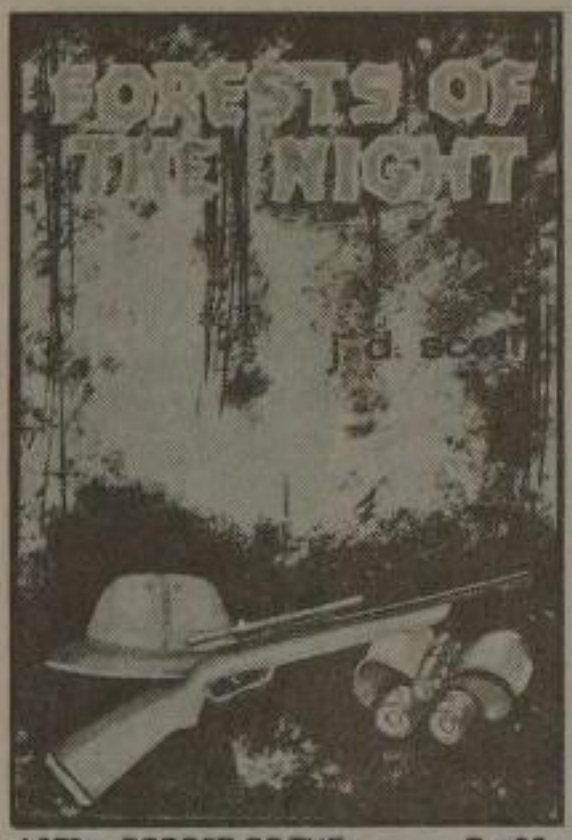

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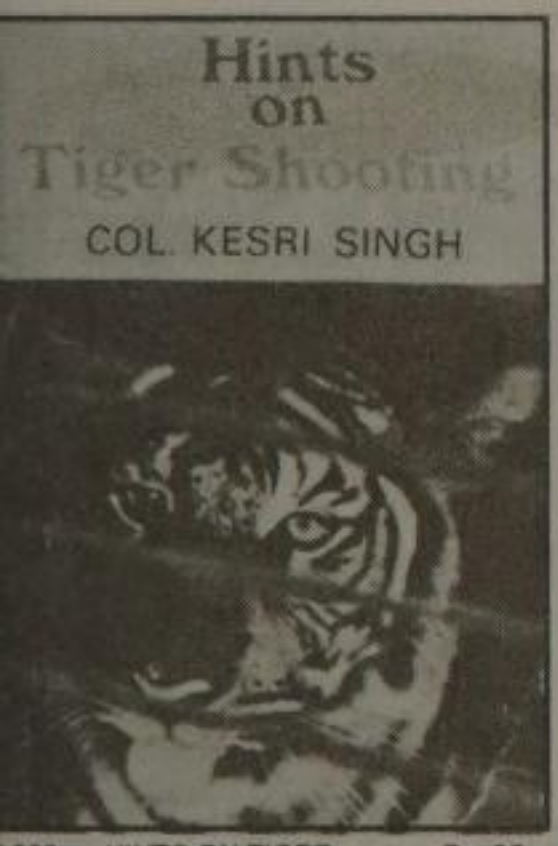

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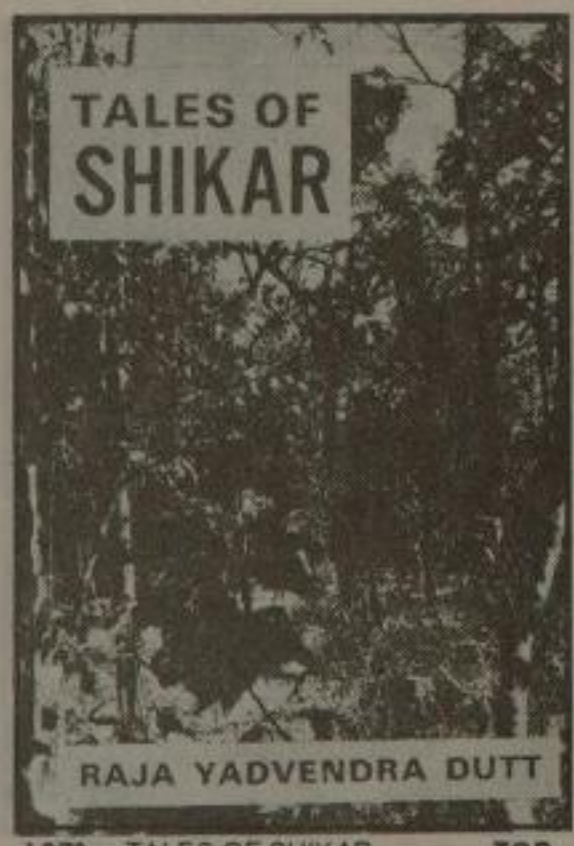

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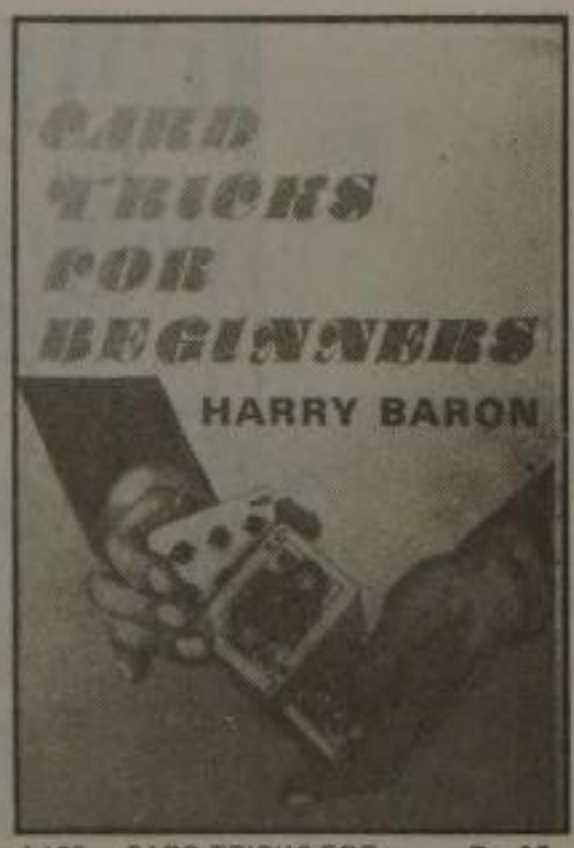

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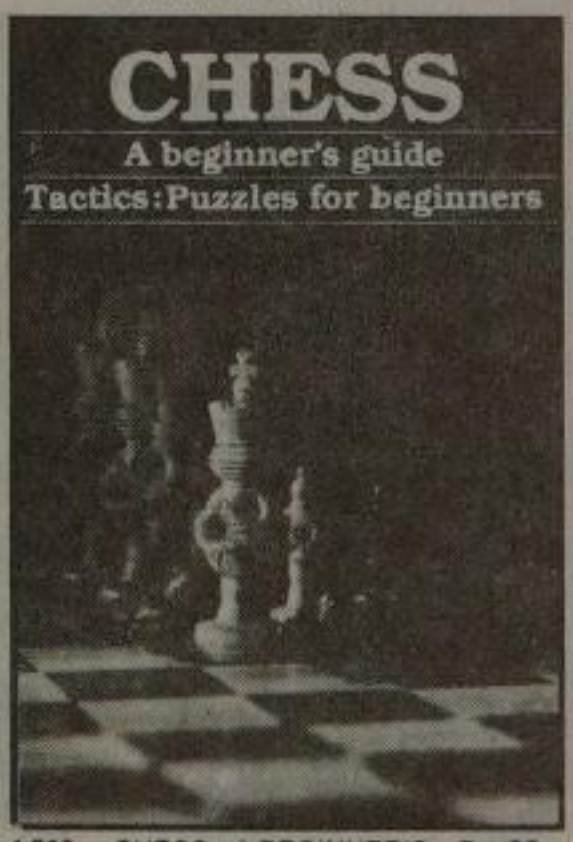

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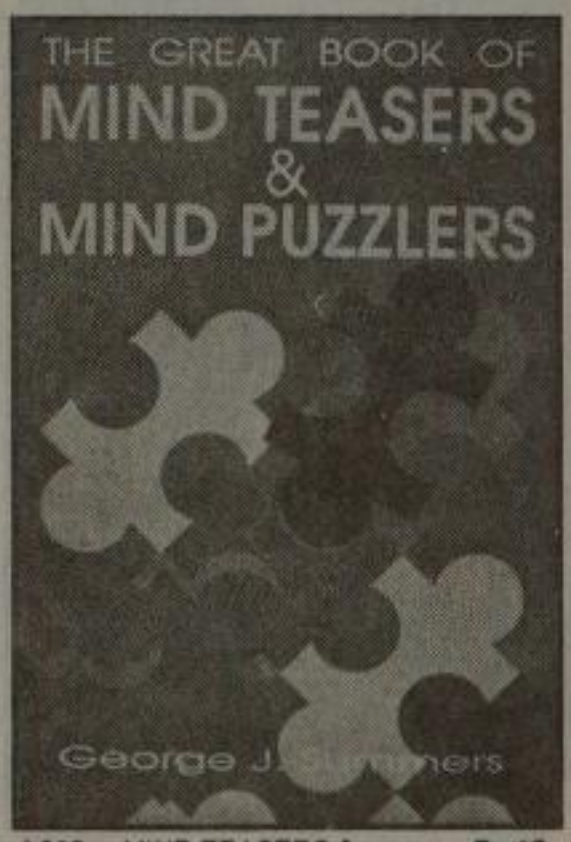

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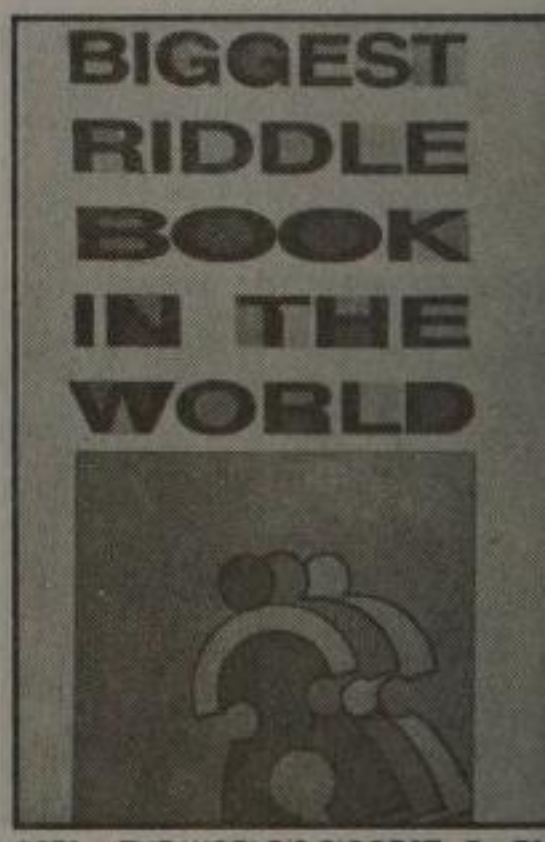

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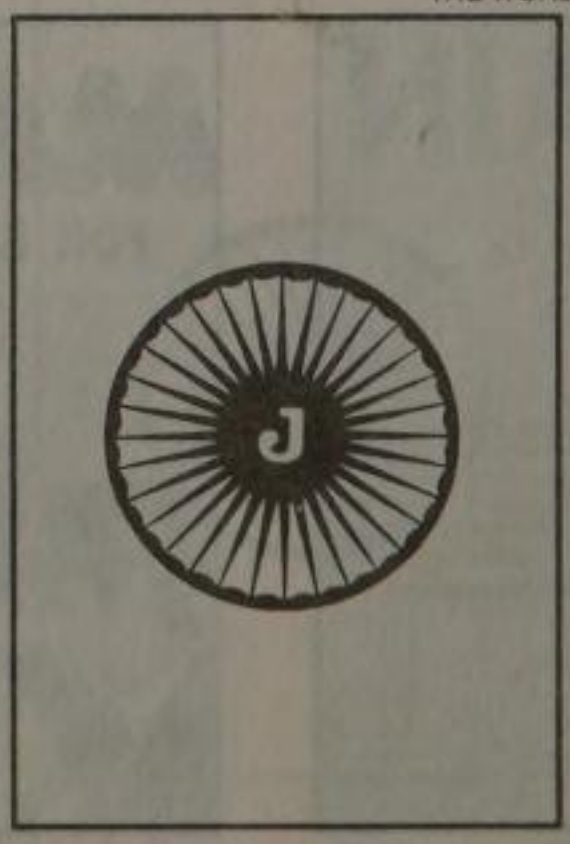

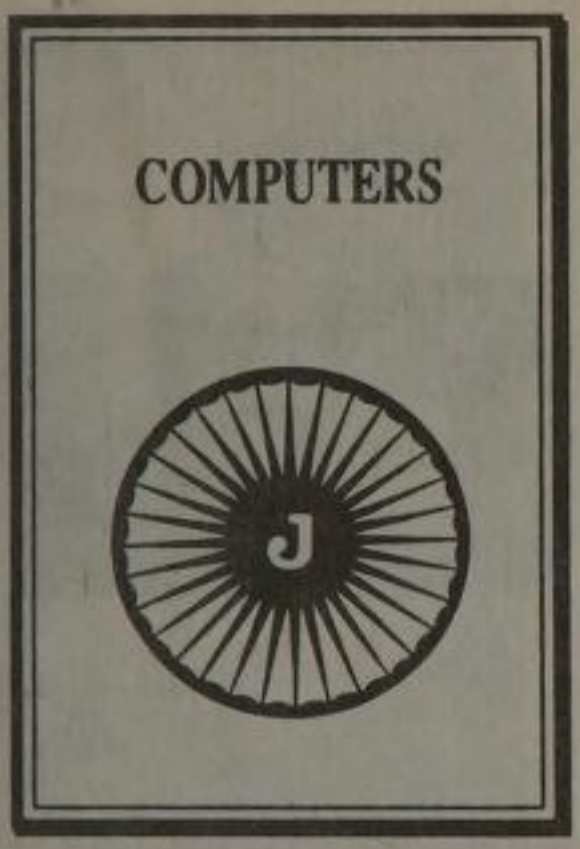

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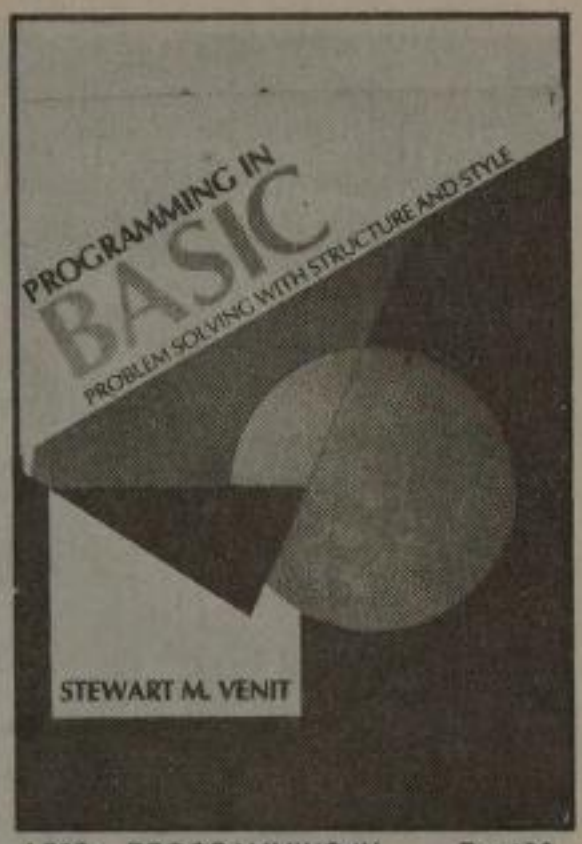

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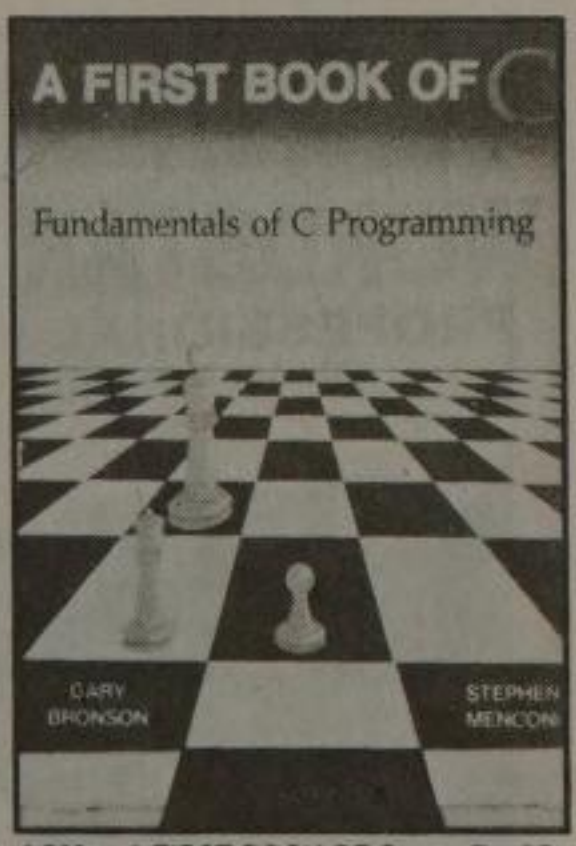

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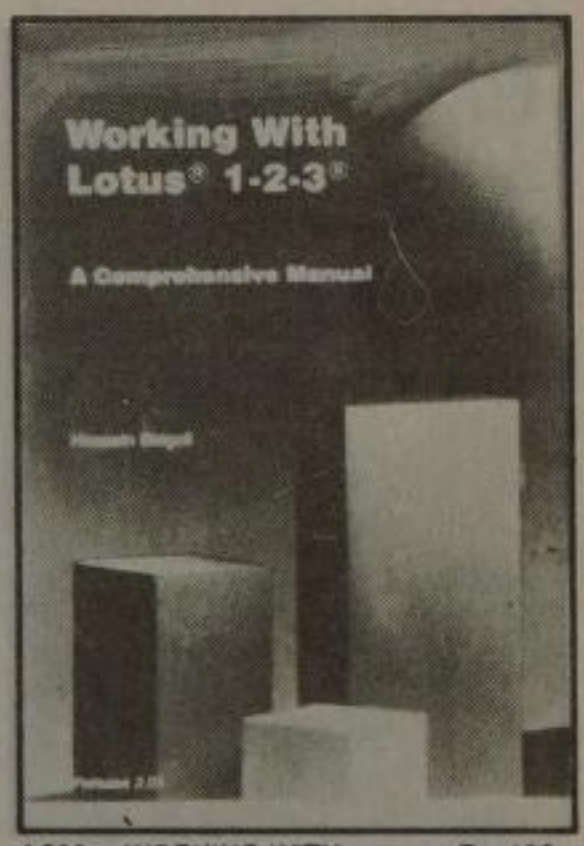

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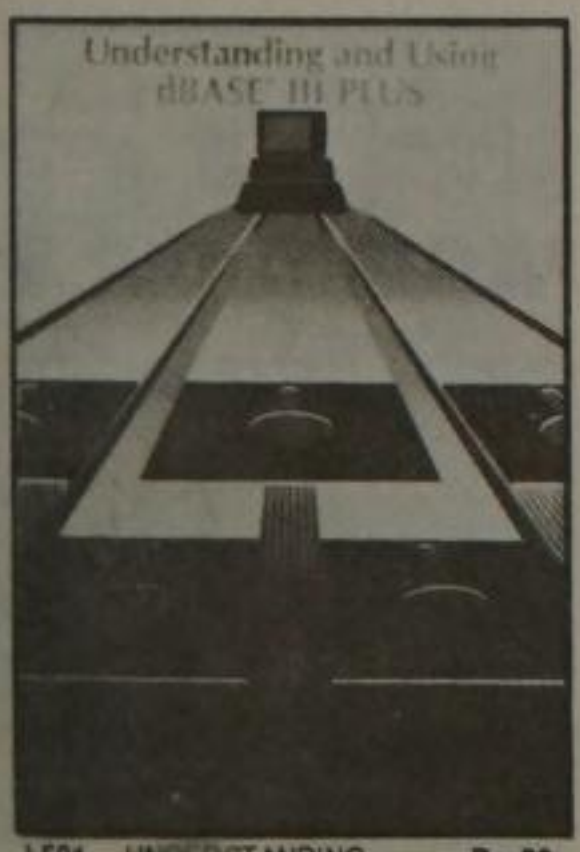

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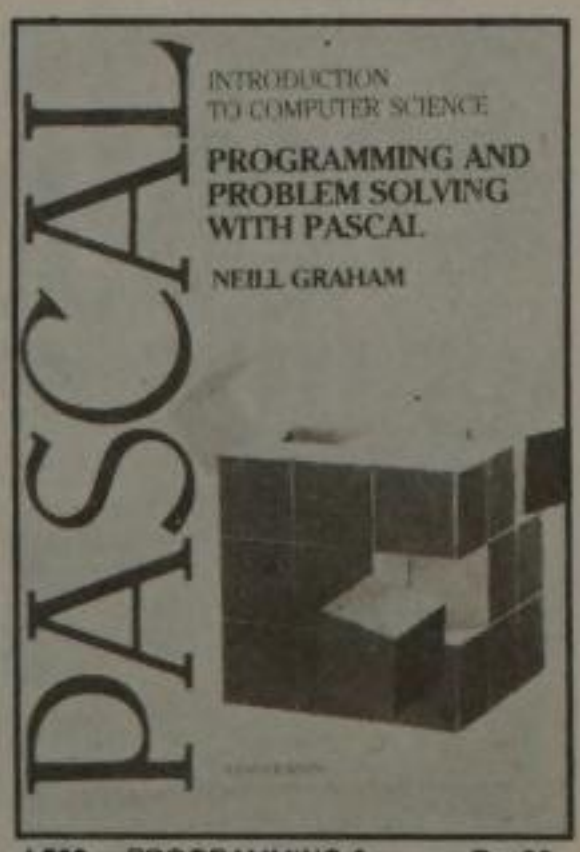

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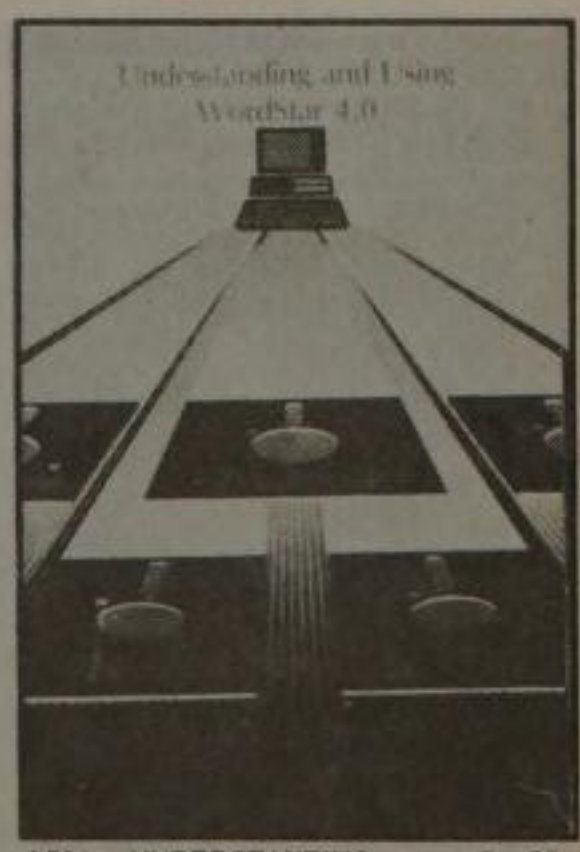

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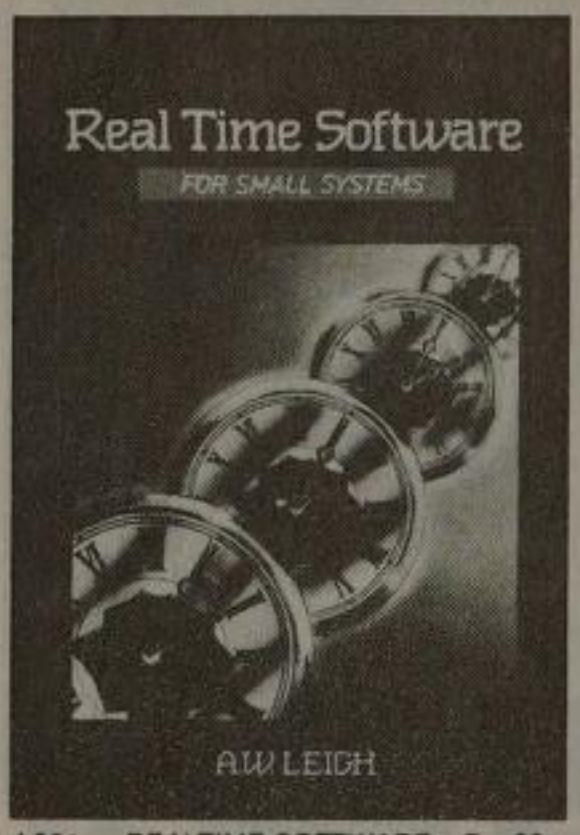

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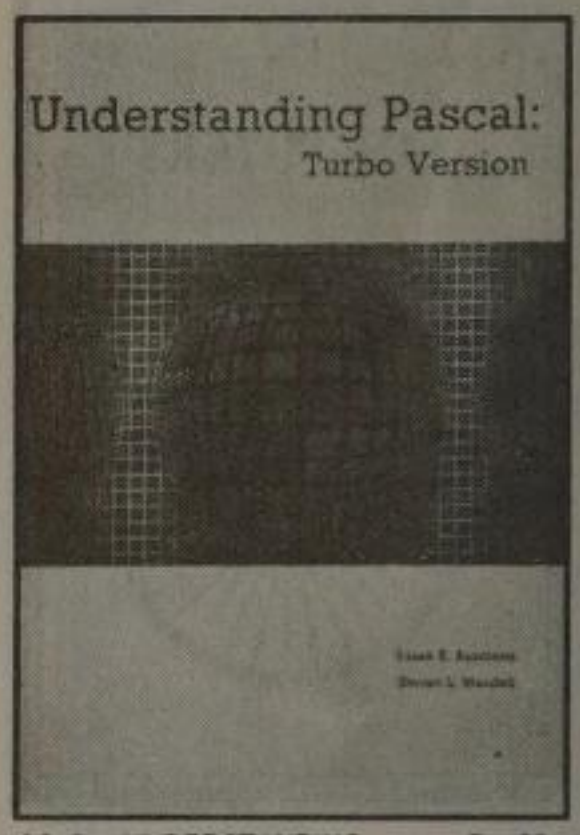

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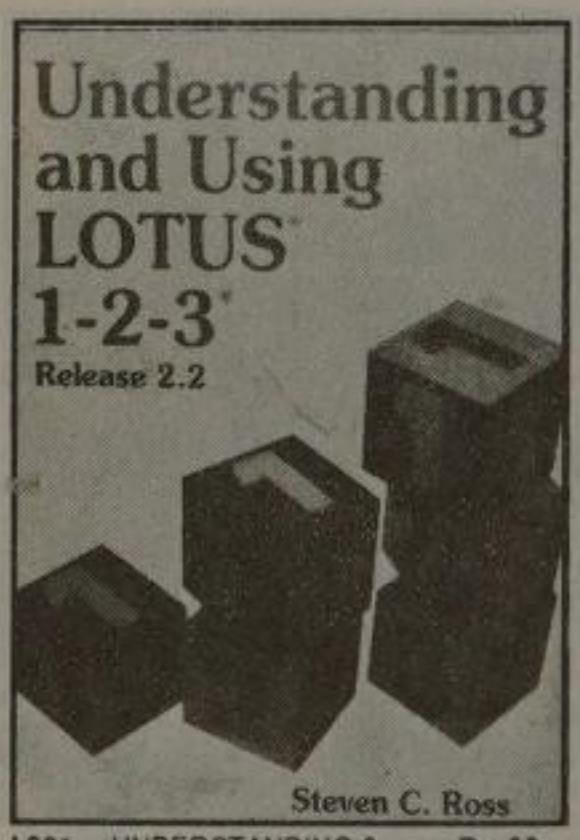

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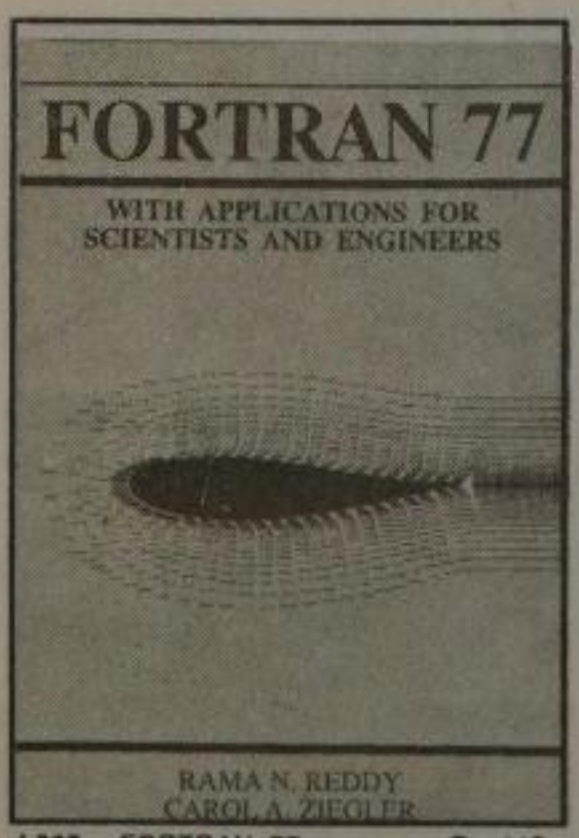

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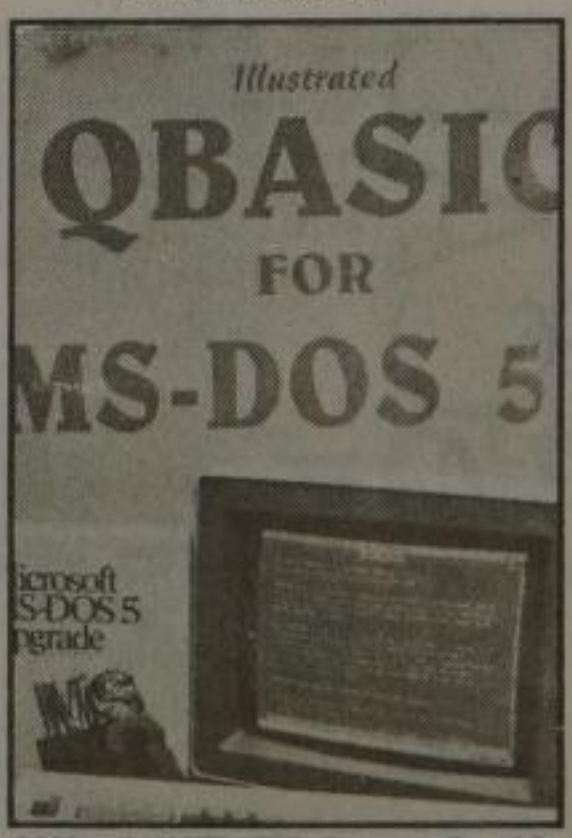

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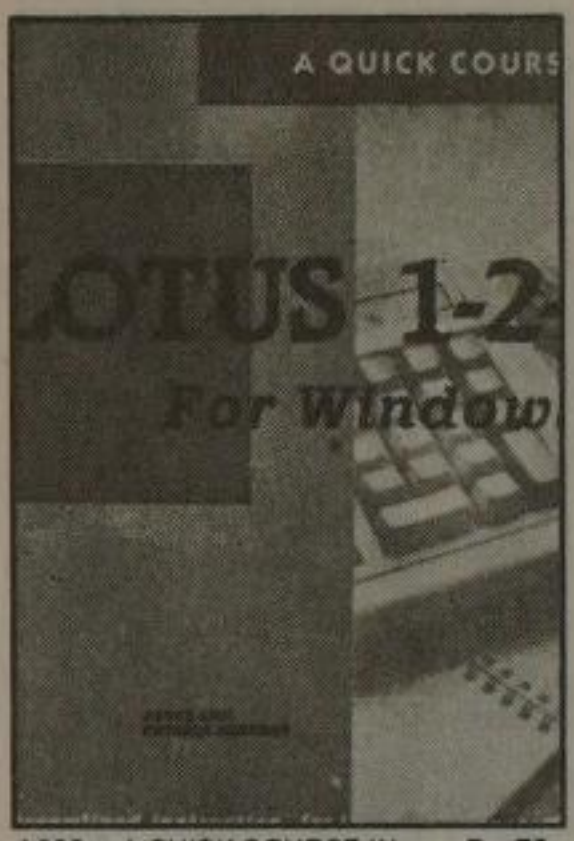

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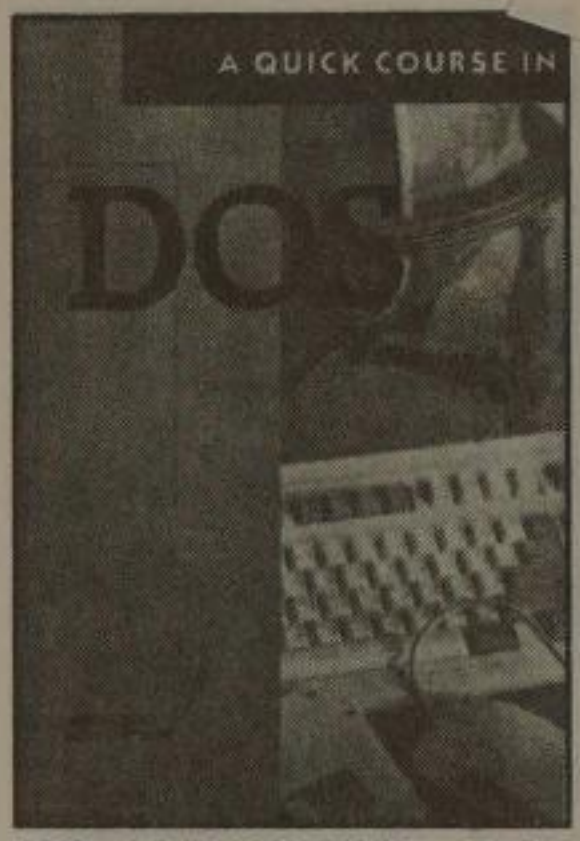

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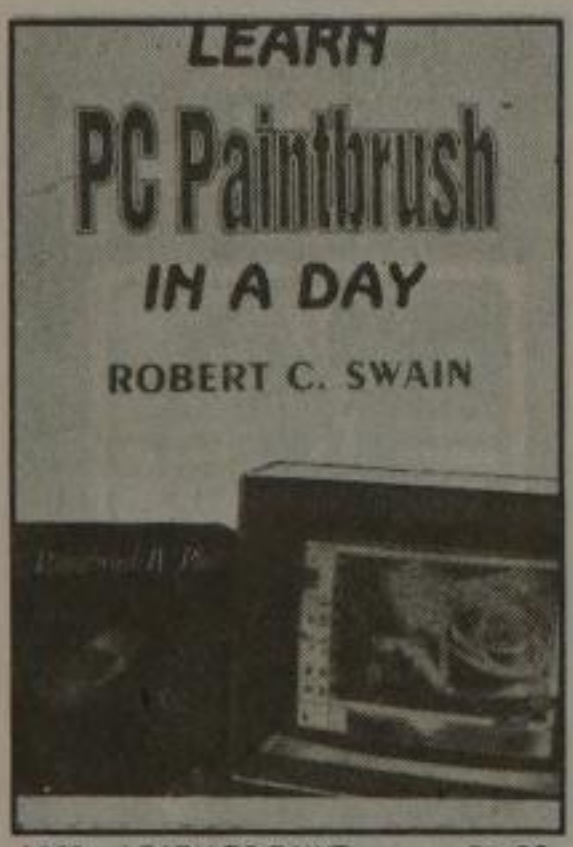

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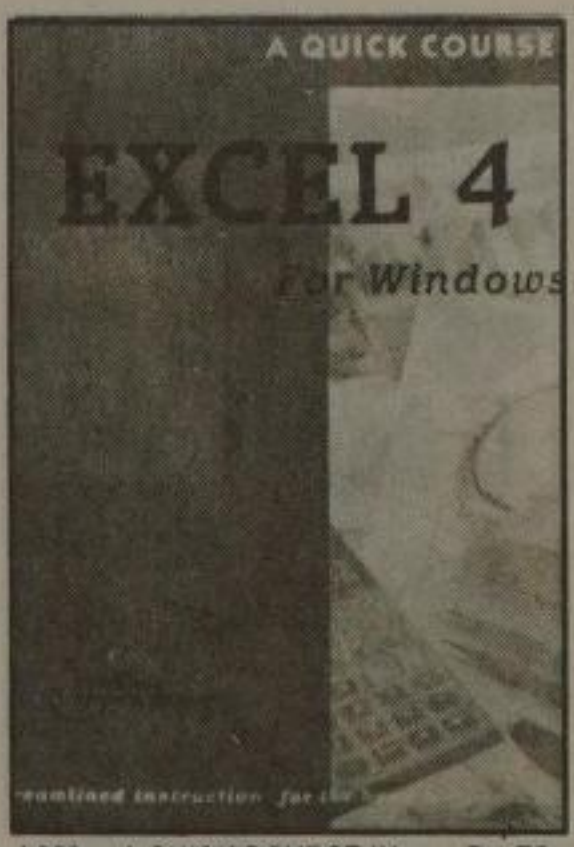

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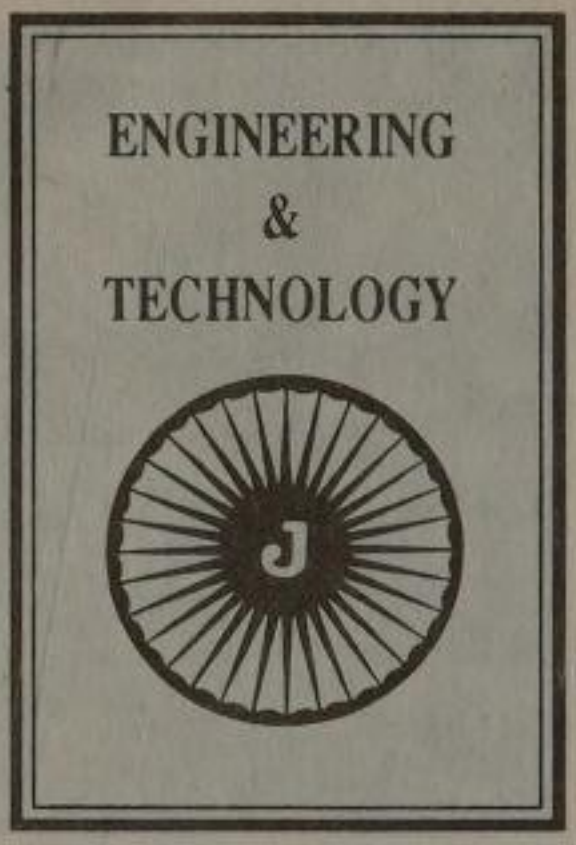

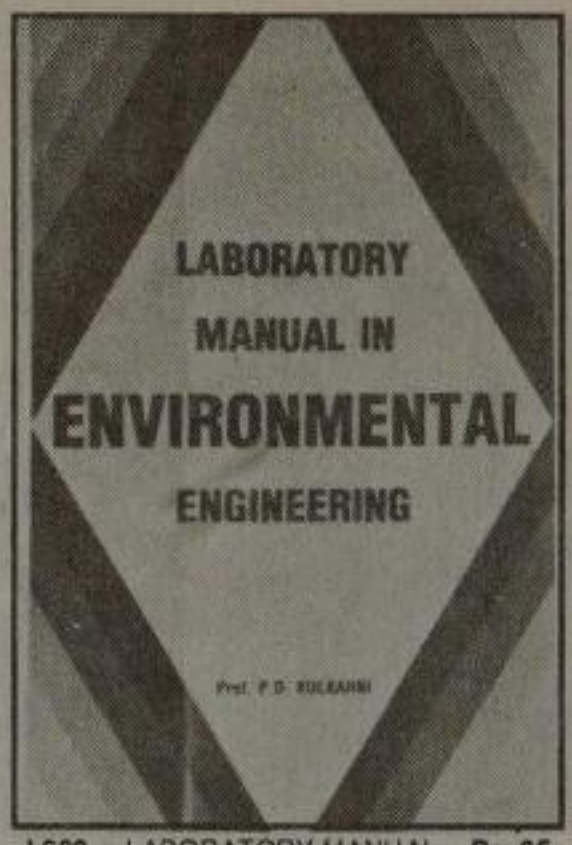

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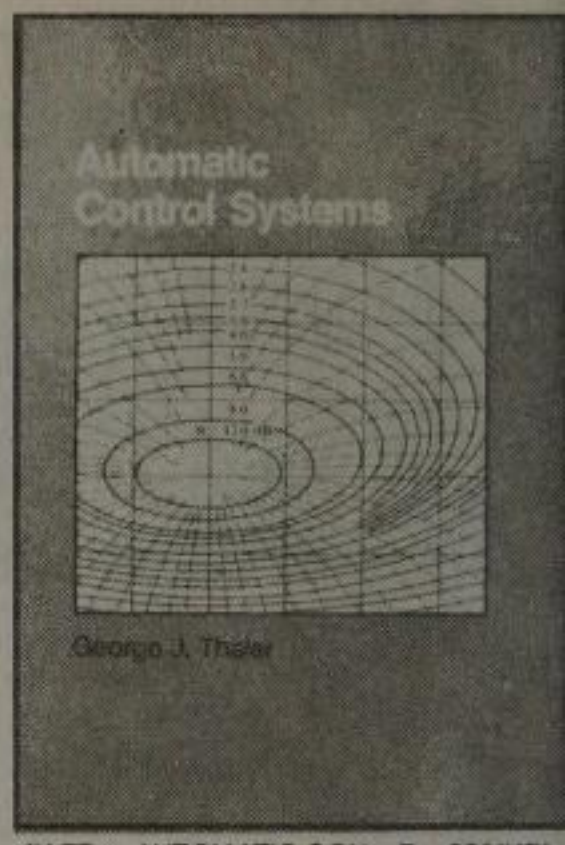

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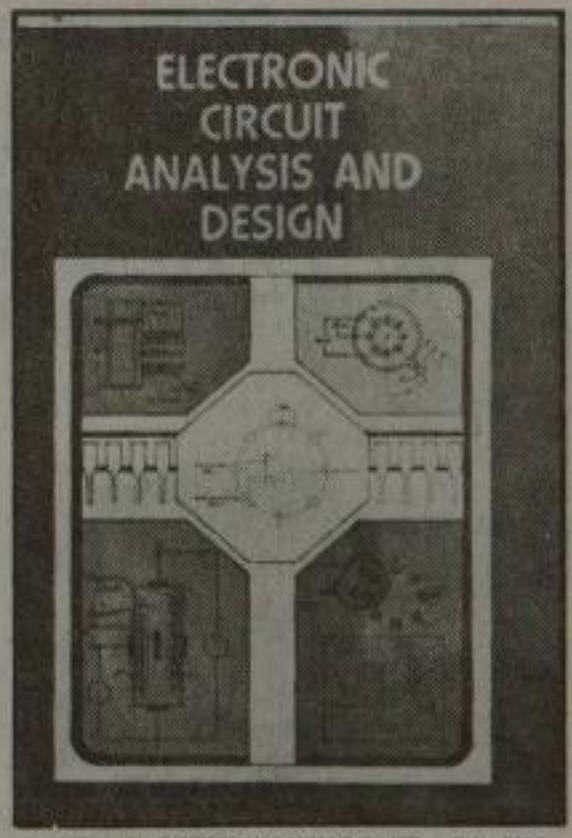

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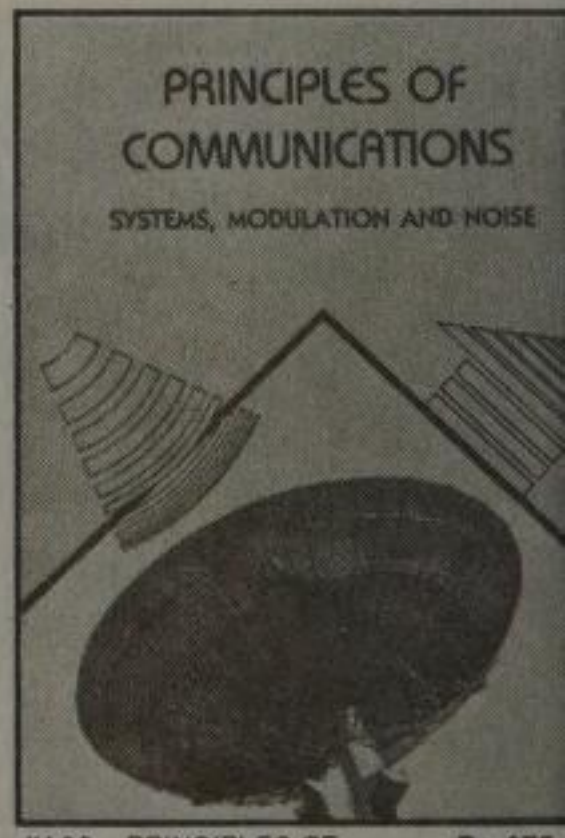

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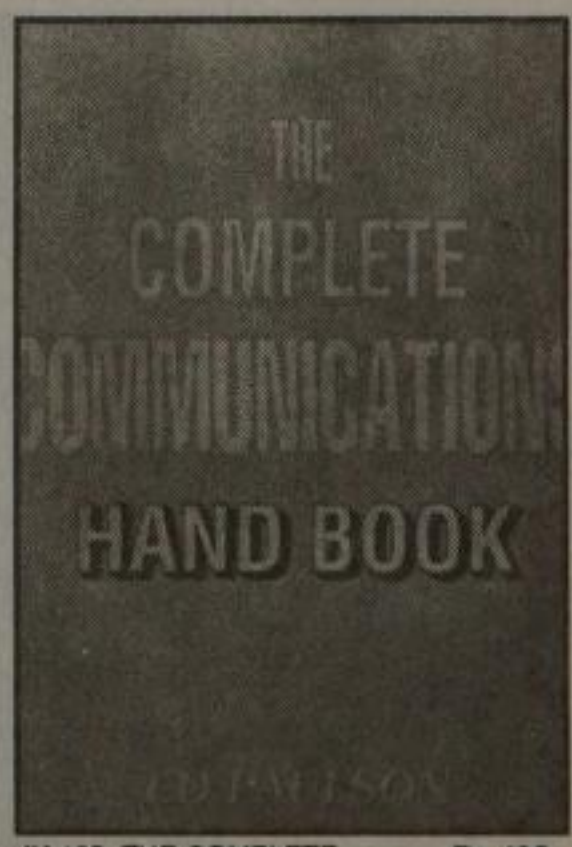

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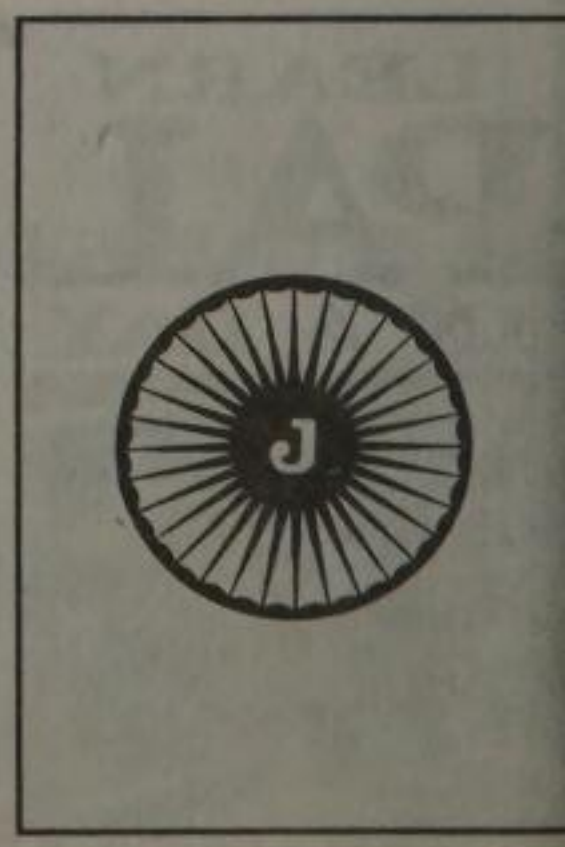

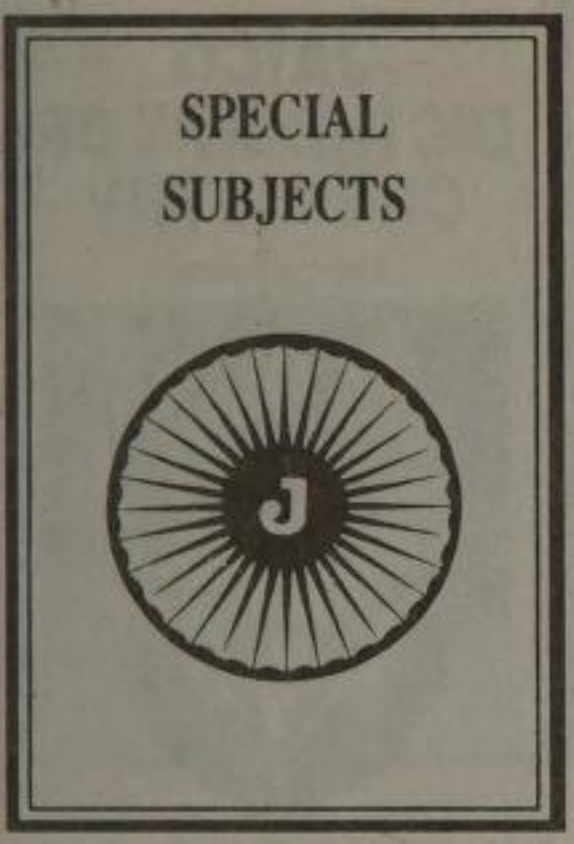

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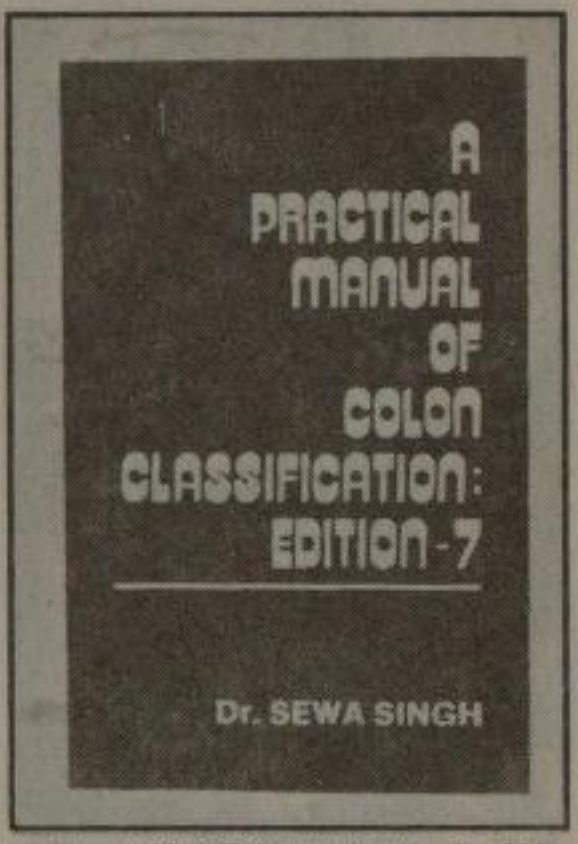

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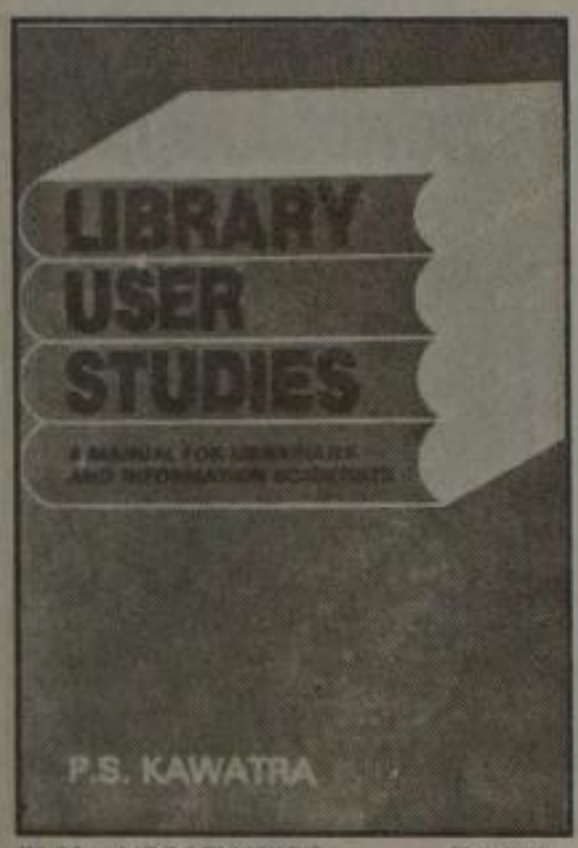

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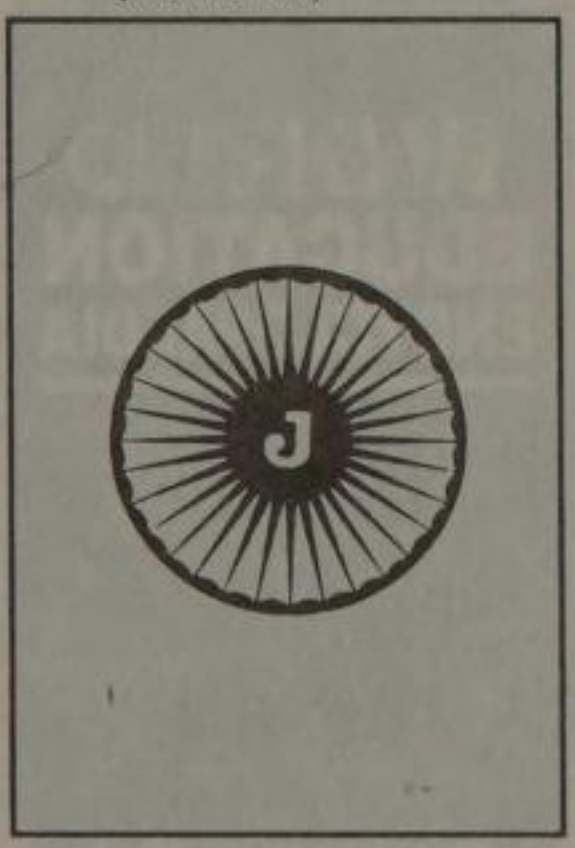

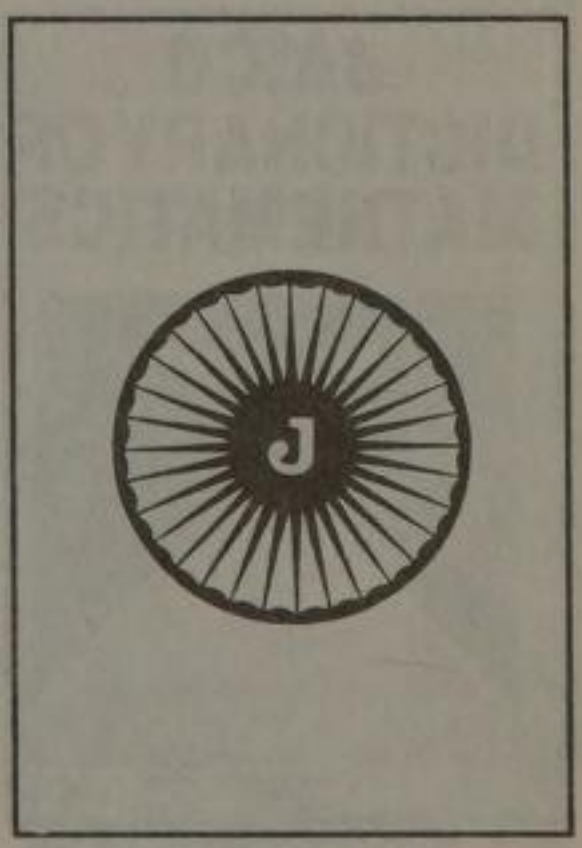

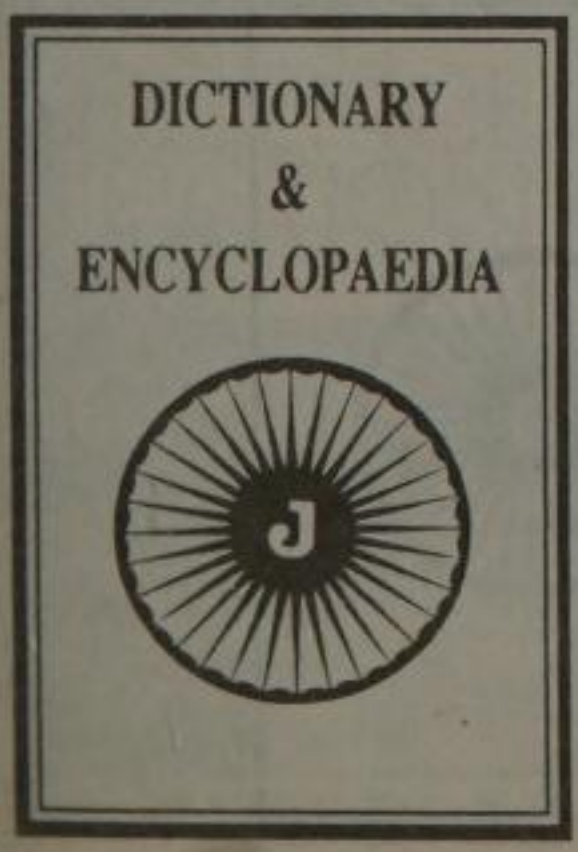

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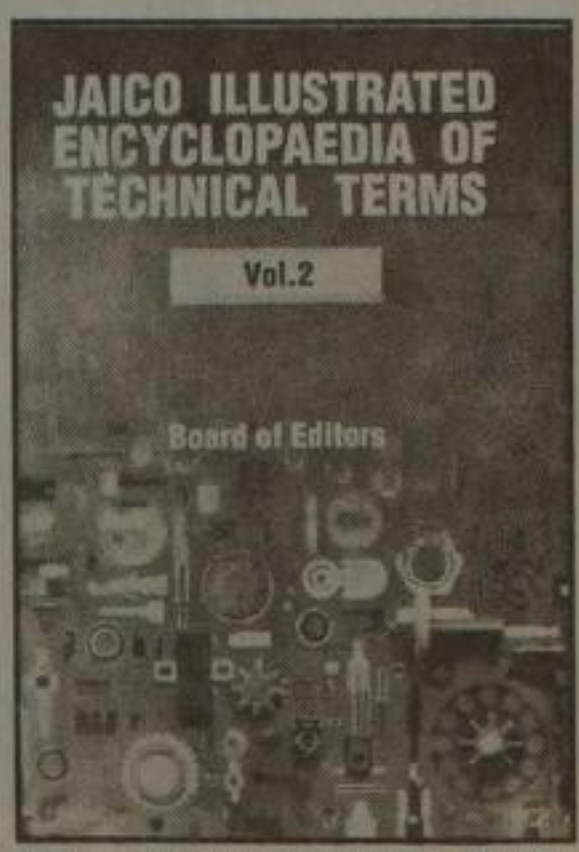

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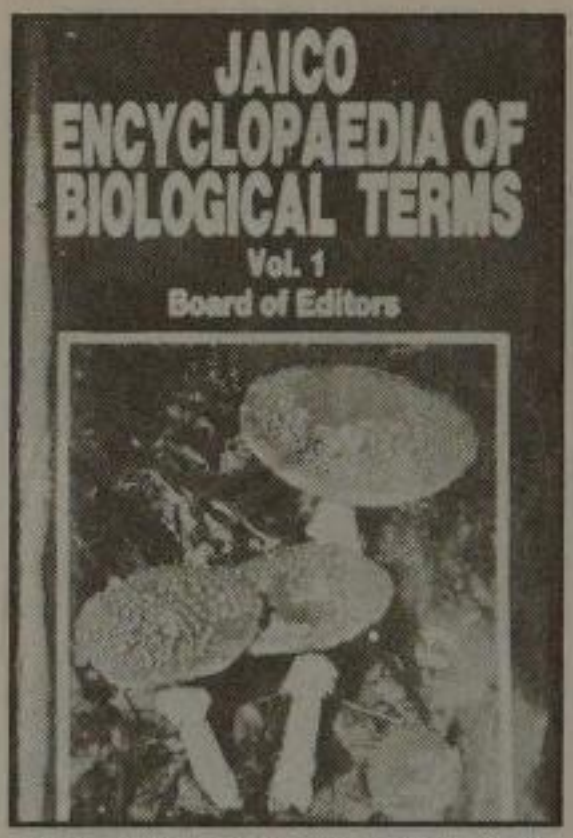

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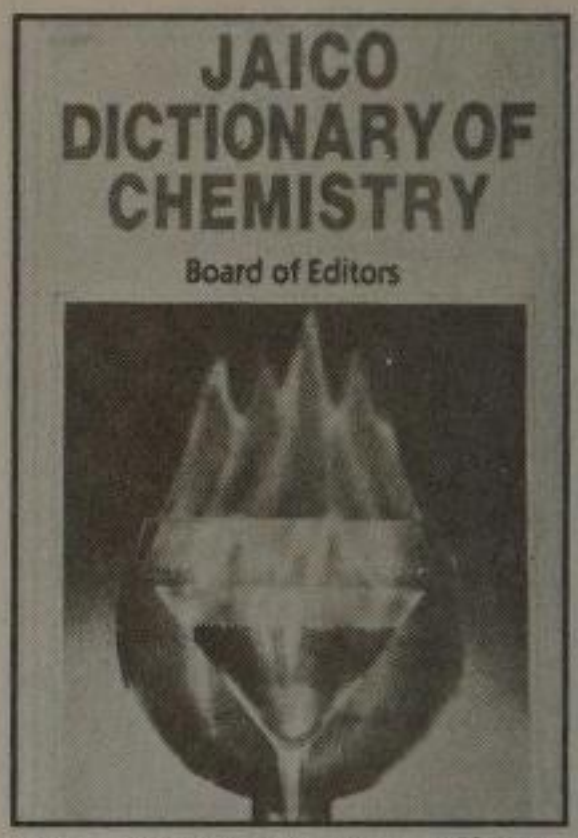

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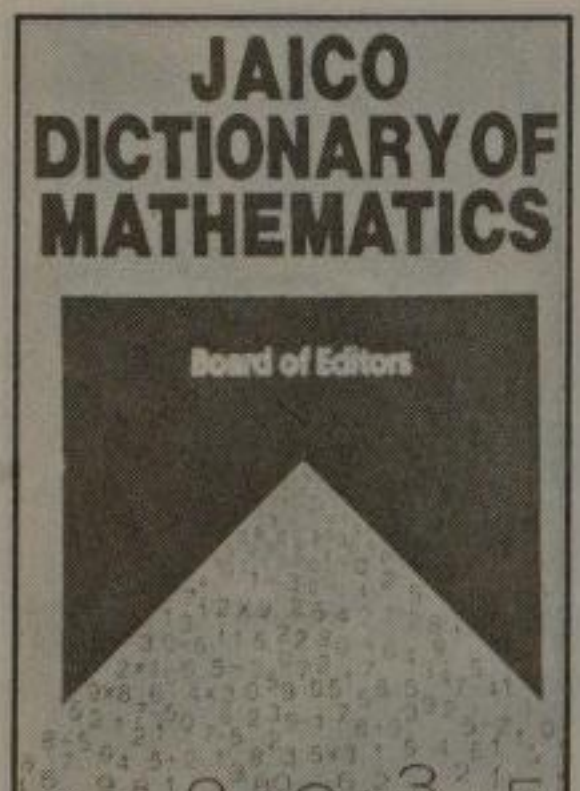

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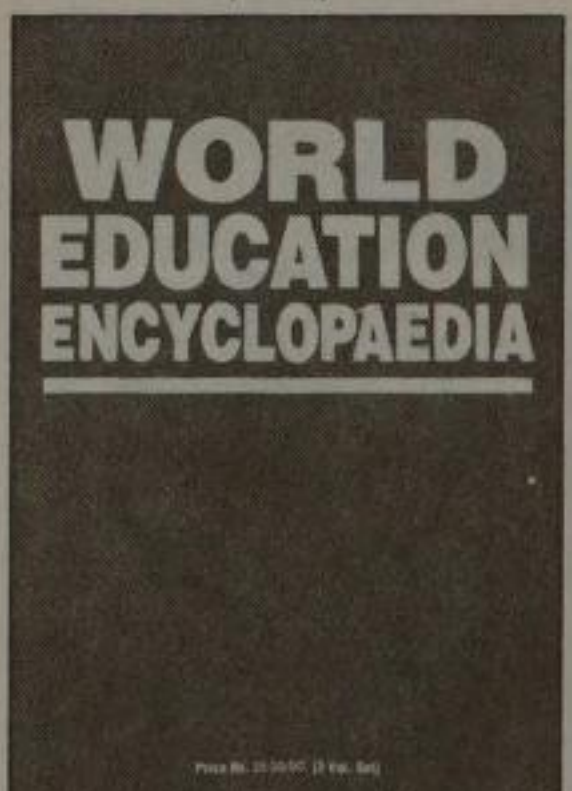

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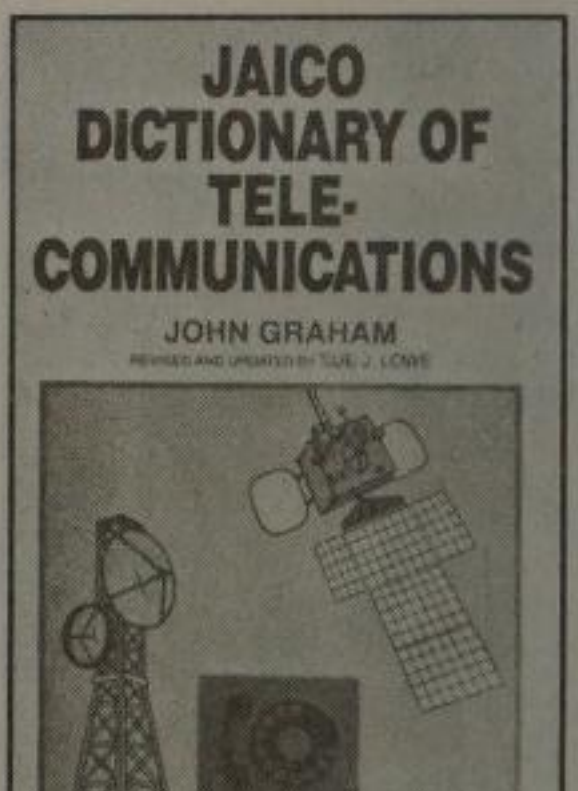

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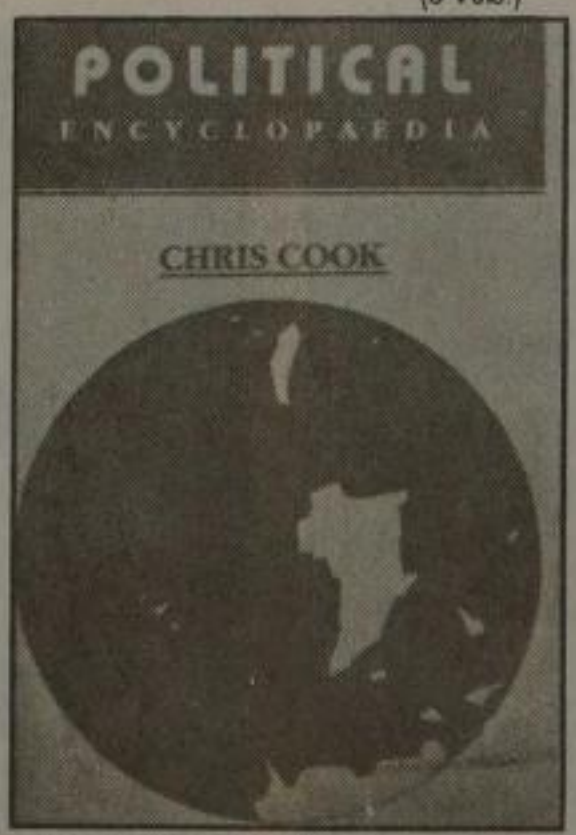

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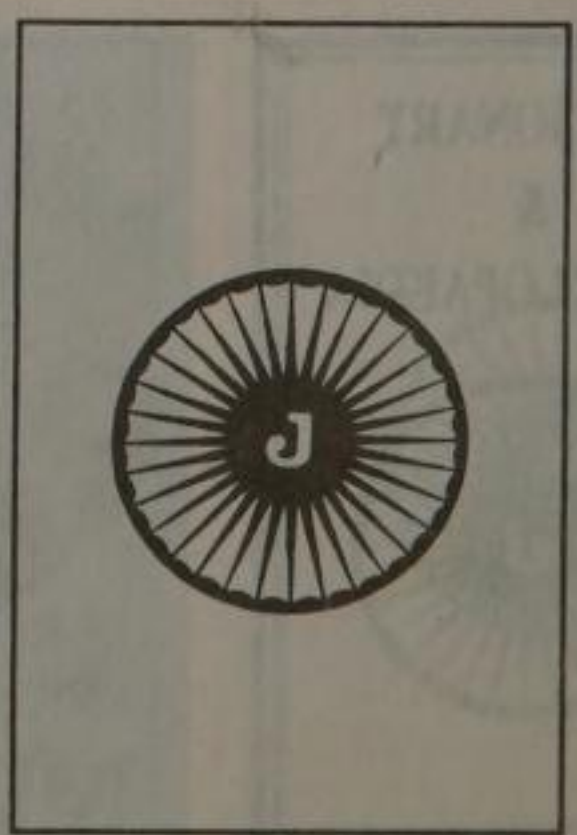

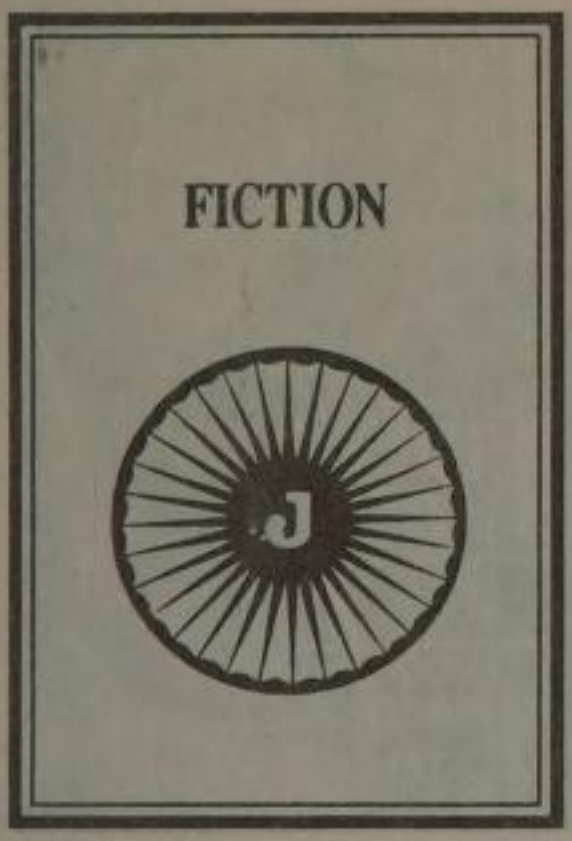

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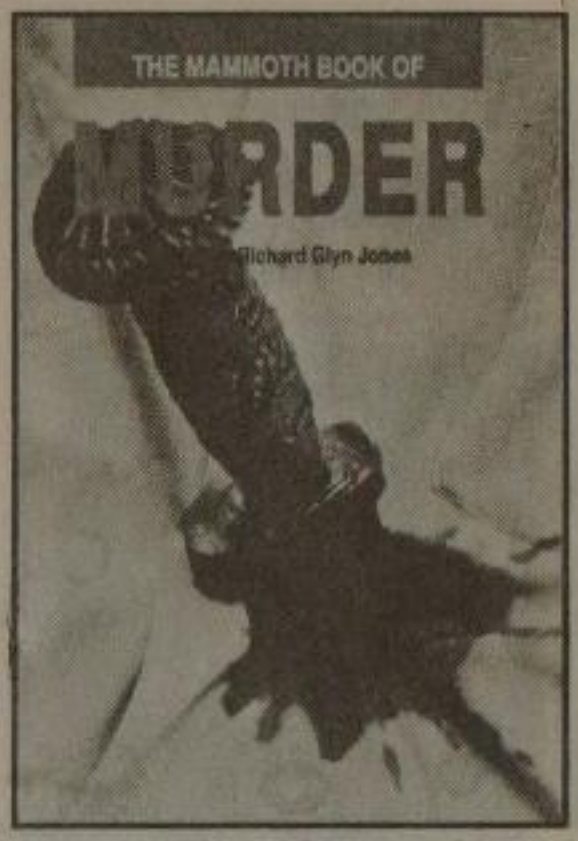

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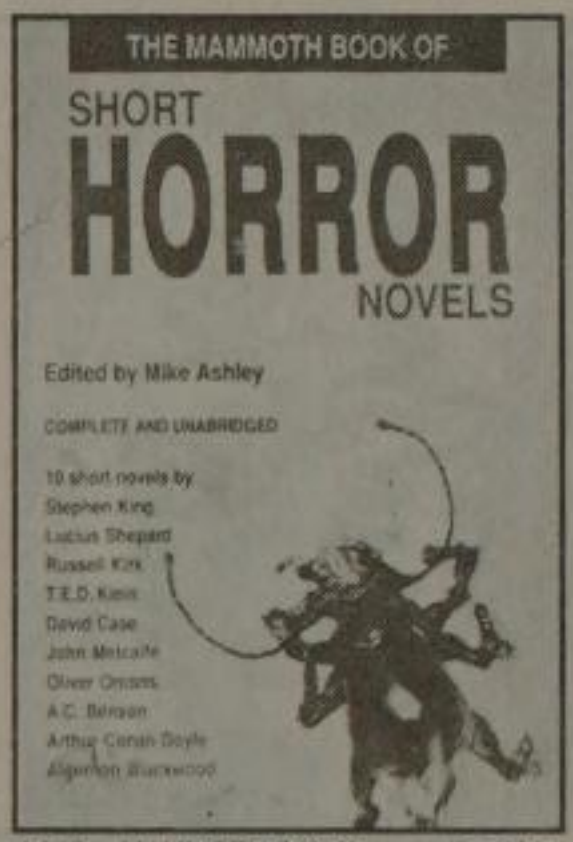

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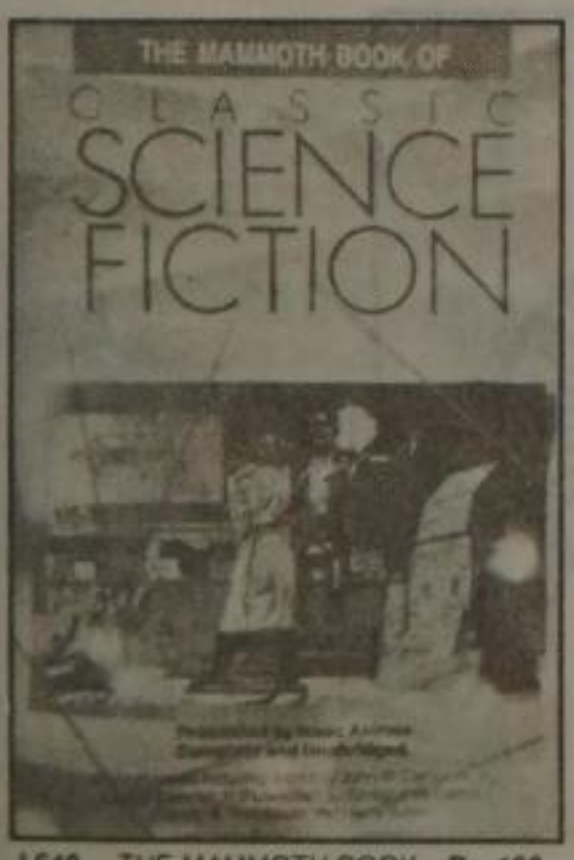

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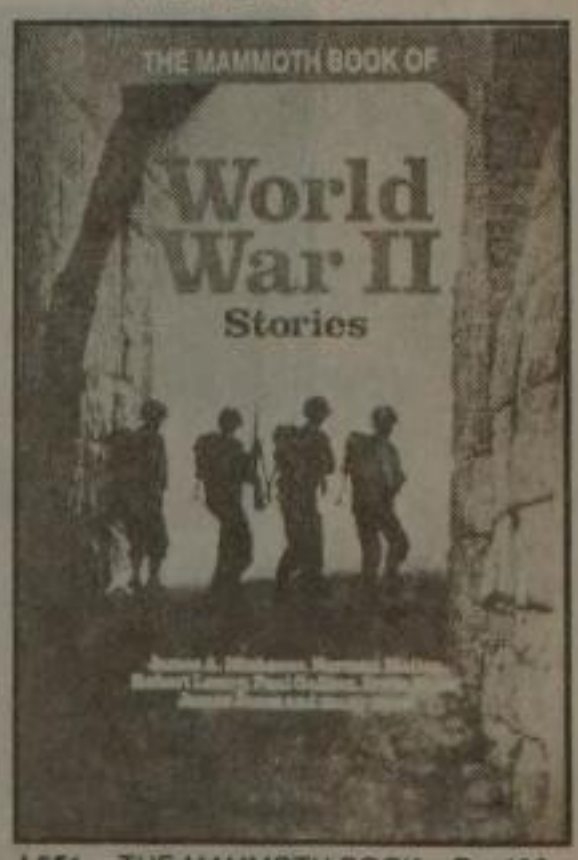

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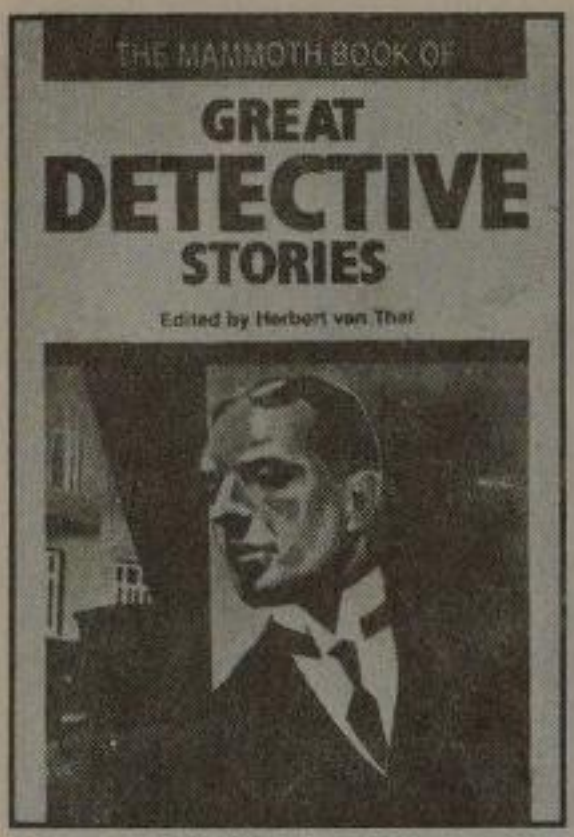

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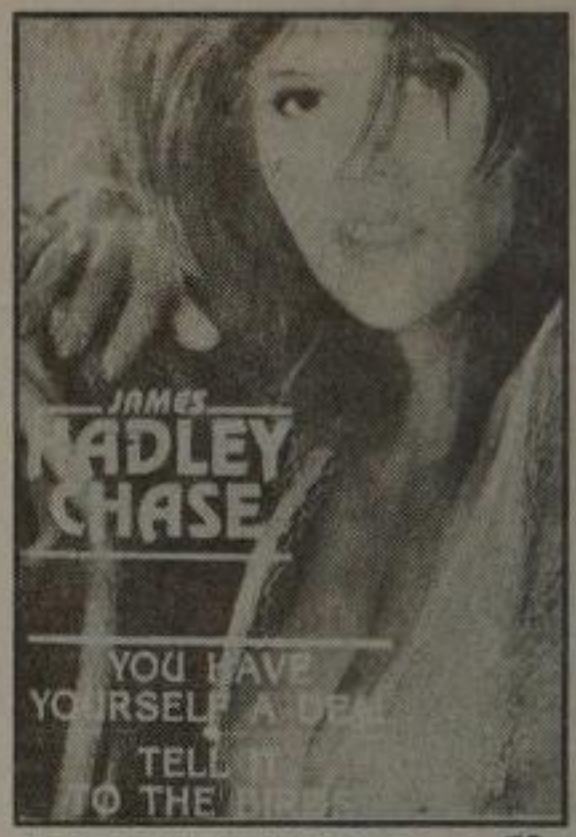

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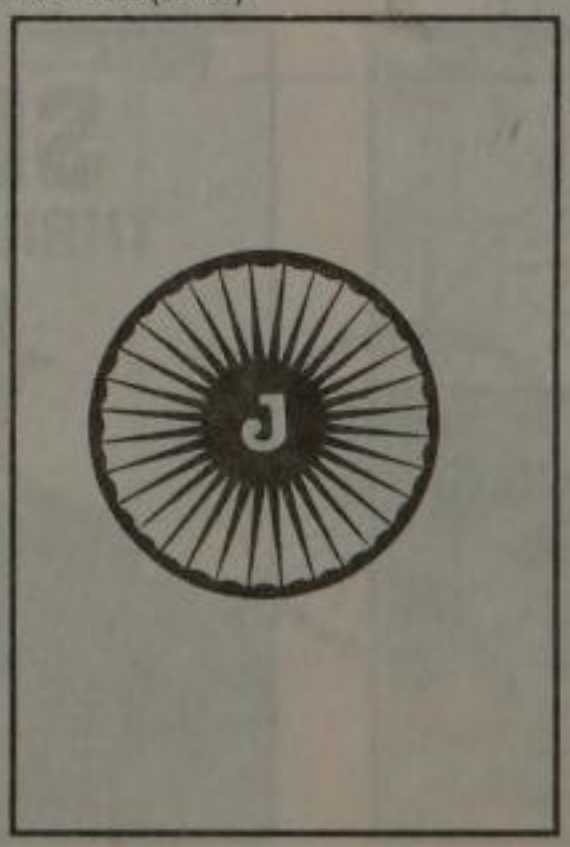

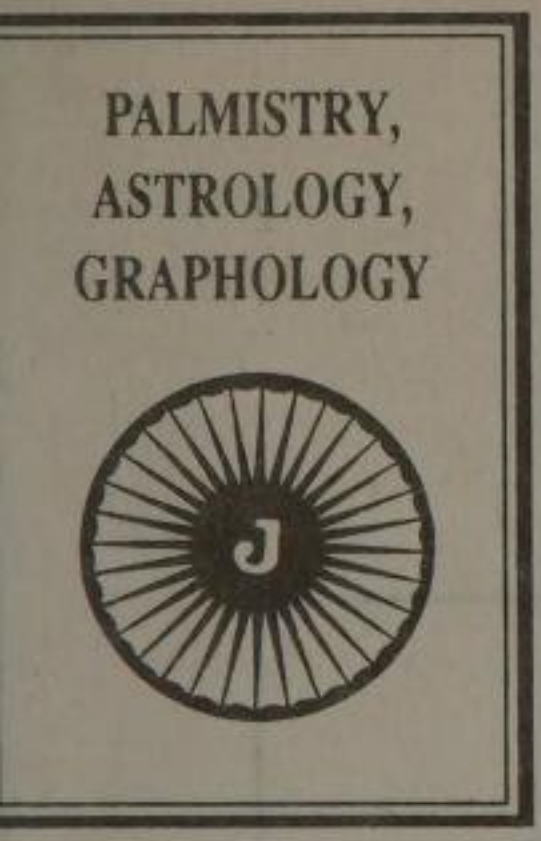

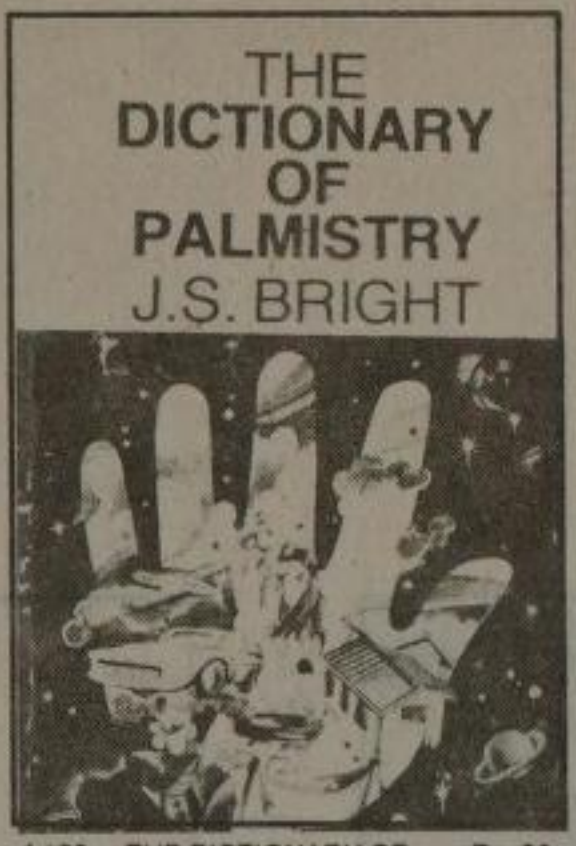

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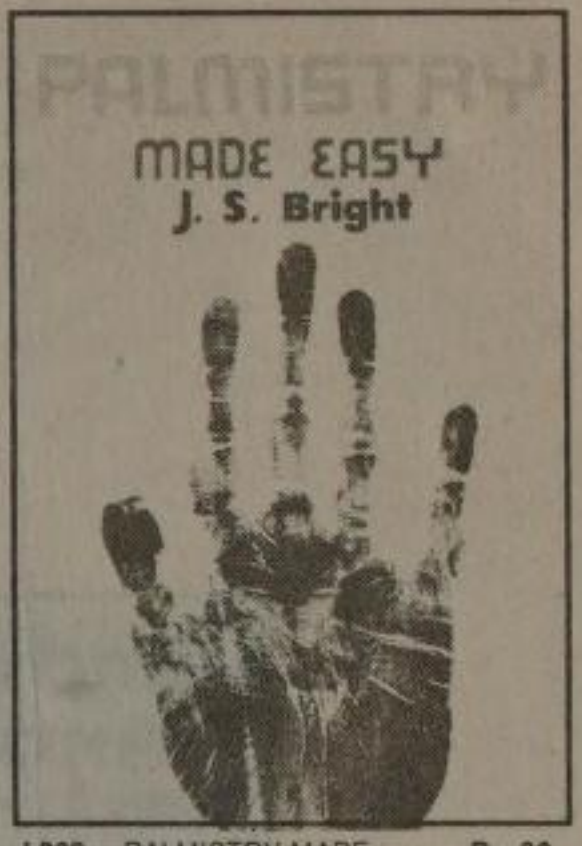

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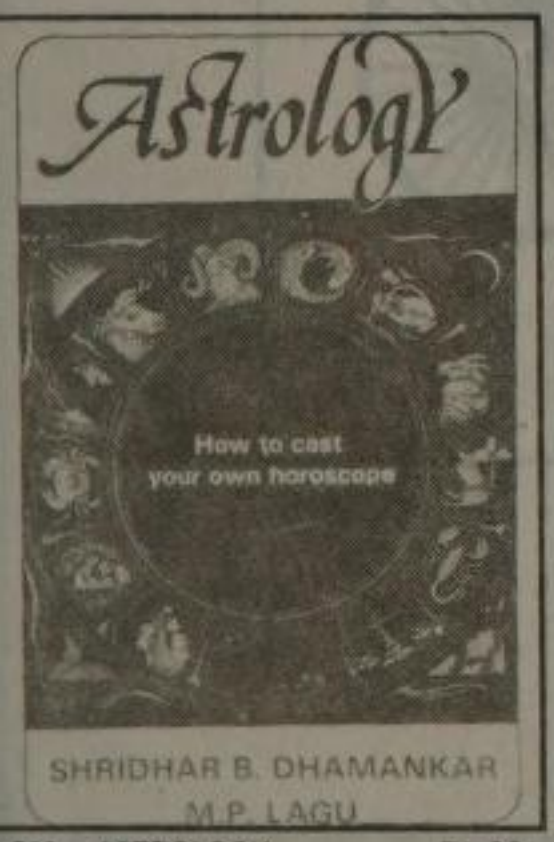

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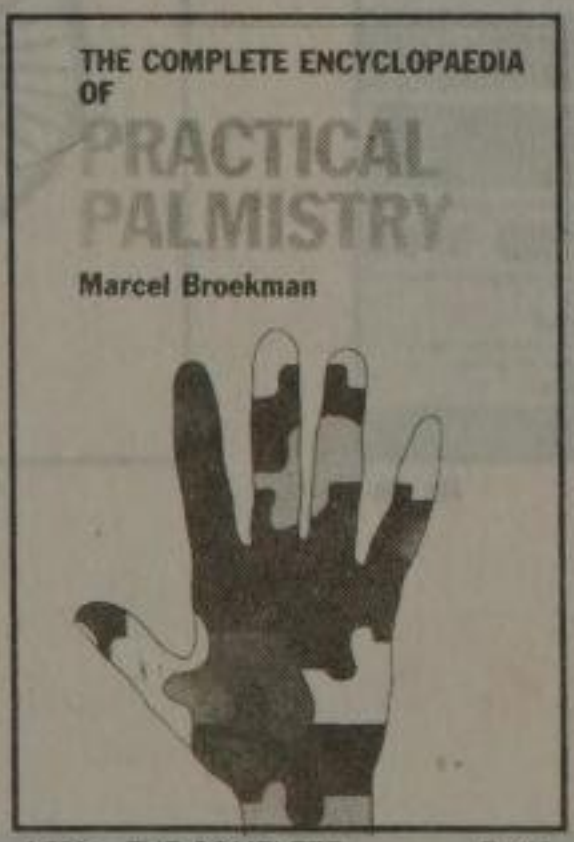

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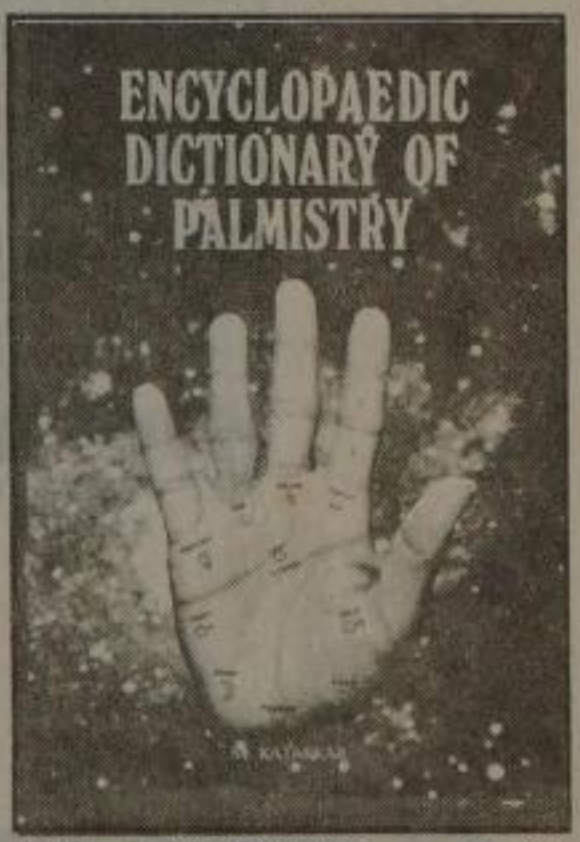

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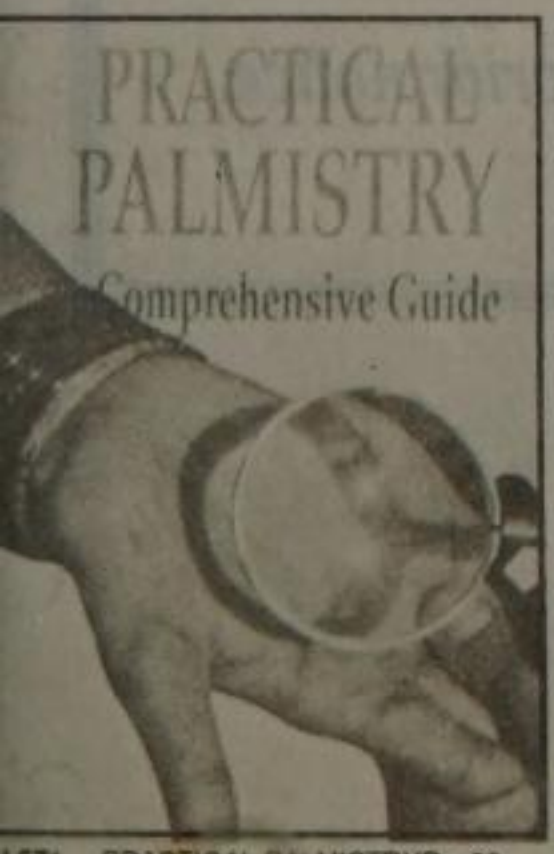

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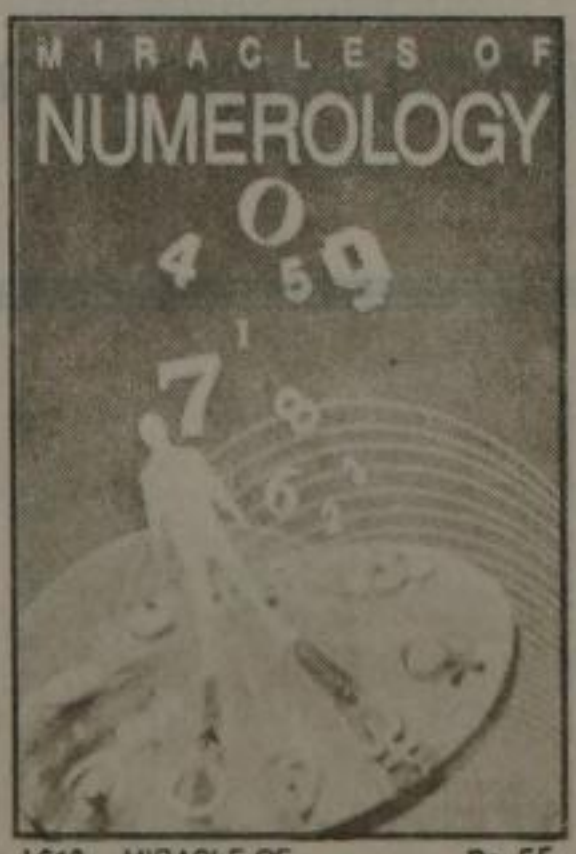

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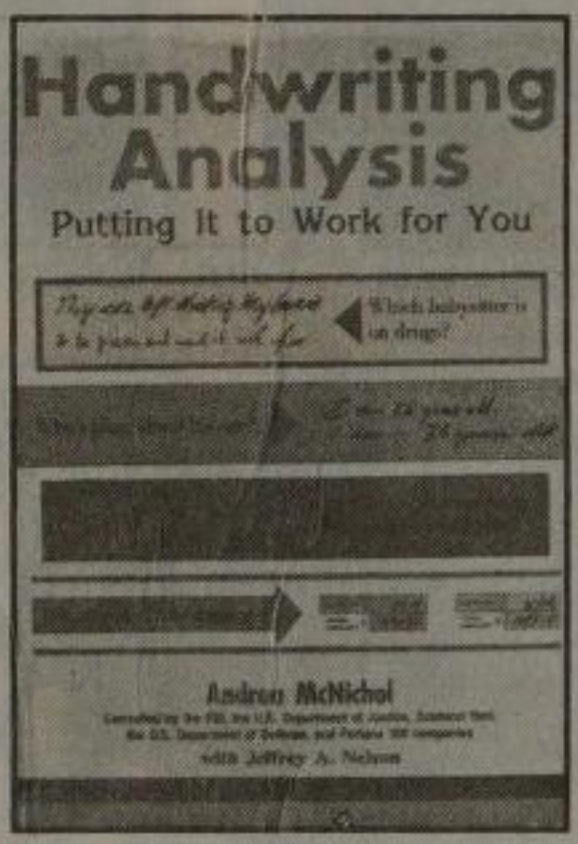

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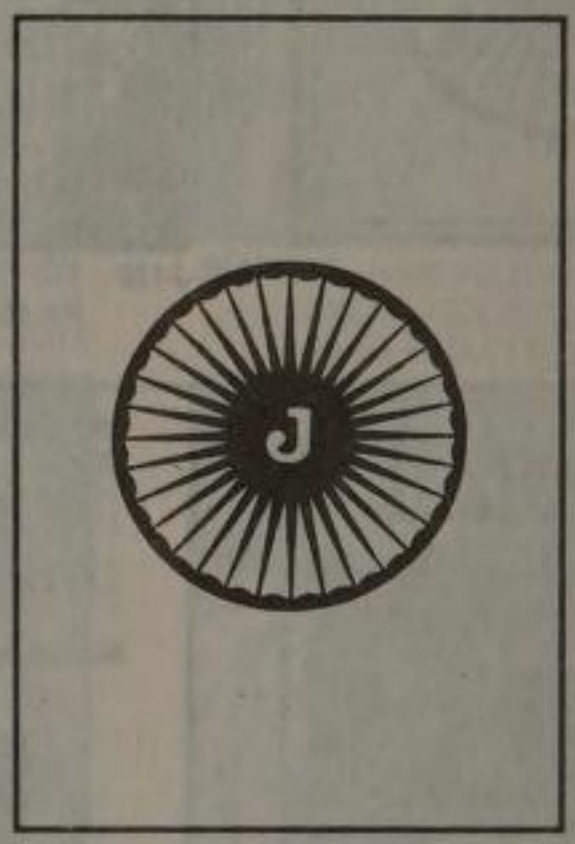

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